# Arkansas



**Coordinated By:** 

Arkansas Department of Education Arkansas Department of Health School Health Services







### Table of Contents

<u>Acknowledgements</u> 3
Basic Information
What is the Youth Risk Behavior Survey?       4-5         About This Report       6         How Results Can Be Interpreted       7
Summary of 2013 Youth Risk Behavior Survey Findings
Demographics of Survey Participants8-9Classroom Summary Graph10Trend Data Summary Related to School11Key Findings12-13
Behaviors that Result in Unintentional Injuries and Violence
Rationale
<u>Tobacco Use</u>
Rationale
Alcohol and Other Drug Use
Rationale.       35         Alcohol Use       36-39         Drug Use       40-45



### Table of Contents (continued)

<u>Diseases (STDs) and Unintended Pregnancies</u>	<u>.</u>
Rationale	46 47-50 50- 52
<u>Dietary Behaviors</u>	
Rationale	52 53-56 56-62
Physical Activity	
Rationale	62 63-64 65
Other Health Related Topics / Information	
Rationale	66 66
2013 Youth Risk Behavior Survey Questionnaire (Includes scientifically tabulated results)	67-76
Deference	77.00



#### Acknowledgments

Arkansas' 2013 Youth Risk Behavior Survey (YRBS) was conducted by the Arkansas Department of Education, School Health Services office.

The Arkansas Department of Education extends sincere appreciation to the superintendents, principals, counselors and teachers of the selected schools who so graciously gave of their time and energy to see this survey through to it's completion. Additional thanks to the parents who approved their children's participation in the survey and to the Arkansas students who completed the Youth Risk Behavior Survey questionnaires during the spring of 2013.

Special thanks to the many organizations and individuals who provided support and cooperation for the 2013 Arkansas Youth Risk Behavior Survey, including:

- The United States Centers for Disease Control and Prevention, which provided funding for the project through its Cooperative Agreement:
  Improving Health and Educational Outcomes of Young People.
- The United States Centers for Disease Control and Prevention, Division of Adolescent and School Health's Surveillance Research Section, which developed the survey process and questionnaire, and provided technical assistance.
- WESTAT, Inc., Survey Technical Assistance Project, which provided technical assistance, analyzed questionnaires, and tabulated the results.
- Other state and national agencies which supported or endorsed this project in a variety of ways.

## YOUTH RISK BEHAVIOR SURVEY

#### What is the Youth Risk Behavior Survey?

Developed by the United States Centers for Disease Control and Prevention (CDC) in Atlanta Georgia, the 96-item, multiple choice Youth Risk Behavior Survey (YRBS) questionnaire was tested and revised several times prior to implementation to assure that results would be both accurate and useful.

During the spring 2013, 1,547 ninth through twelfth grade students who attended selected classes at scientifically sampled Arkansas public schools completed a self-administered, anonymous, 99-item questionnaire. The information voluntarily provided by the students provided representative results for Arkansas students as a group.

Specific questions about health behaviors were professionally written and were included only if they were related to the leading cause for death or illness of youth in the nation and the state. The Youth Risk Behavior Survey is a reliable source of information on the drug-related and disease-producing behaviors of Arkansas' high school students.

#### Why did Arkansas Conduct the Youth Risk Behavior Survey?

The Youth Risk Behavior Survey will help Arkansas identify public school students' current health and safety habits so that improvements can be made where needed. Healthy lifestyles for Arkansas students mean longer, more productive lives for the states' young people, as well as improved learning in the classroom.

People develop behavior patterns in their teen years, which can eventually strengthen or threaten their quality and length of life. Currently, many adolescents in the United States use tobacco, eat too much fat and too few fruits and vegetables, and fail to exercise regularly. Approximately 400,000 deaths a year in the U.S. are currently associated with overweight and obesity and, left unabated, overweight and obesity may soon overtake tobacco as the leading cause of death. Programs such as regular physical education classes, comprehensive health education classes, that include nutrition courses and drug education, and safety training can be used to equip students with disease-prevention skills and injury-prevention information.

Arkansas' state results can be compared with findings of the national and other states' Youth Risk Behavior Survey results.



The 2013 YRBS also provides Arkansas with measures for evaluating future trends in health habits of youth. Survey results can serve as a valuable tool, particularly for legislators, policy makers, school administrators and teachers as they make decisions about new disease-prevention and health-promotion policies, services, programs and educational activities. Parents and students can use these results to evaluate potential changes toward better health. Specifically, the YRBS' findings form a valuable base upon which Arkansas can strengthen it's ability to:

- establish disease prevention and health promotion policies;
- plan and implement programs and services;
- secure funding for programs;
- allocate limited resources toward targeted needs and priorities;
- conduct future research and note progress or deficiencies, and enact laws to prevent injuries and unnecessary deaths.

#### How was the Youth Risk Behavior Survey Conducted?

During the spring, 2013, ninth through twelfth grade students enrolled in scientifically sampled public high schools completed the Arkansas Youth Risk Behavior Survey or YRBS. The classes that participated were randomly selected from master schedules submitted by these sampled schools. Although schools for incarcerated youth were not included in this initial survey, all of the other public high schools in the Arkansas Department of Education system were eligible to be selected.

### Who Participated in the Youth Risk Behavior Survey?

Virtually every Arkansas public school student enrolled in grades nine through twelve – and every class at those grade levels – had an equal chance of being selected to complete a YRBS questionnaire. Research guidelines and modern computer technology from the U.S. Centers for Disease Control and Prevention were followed to make all selections scientifically. Following strict research procedures also ensure that:

- selected schools, their administrators, parents, and students were informed and voluntarily agreed to participate, and
- student identity remained anonymous in all reports.

The Youth Risk Behavior Survey was completed by 1,547 students in 38 public high schools in Arkansas during the spring of 2013. The school response rate was 83%, the student response rate was 81%, and the overall response rate was 65%. The results are representative of all students in grades 9-12. Researchers call such results or data "weighted," which simply means each participant's answer represented that individual plus some others who were similar to that individual. Overall, Arkansas' 2013 YRBS results are representative of what Arkansas' ninth through twelfth public high school students as a group would have reported.

## YOUTH RISK BEHAVIOR SURVEY

### About This Report

This report entitled "2013 Arkansas Youth Risk Behavior Survey" summarizes the overall answers Arkansas' public high school students reported about alcohol, tobacco, and other health risk behaviors. Arkansas' survey of public schools provides a "snapshot" of Arkansas high school students' behaviors. The survey contains questions related to:

- behaviors that result in unintentional injuries and violence;
- tobacco use;
- alcohol and other drug use;
- sexual behaviors that result in HIV infection, other sexually transmitted diseases (STDs), and unintended adolescent pregnancies;
- dietary behaviors; and
- physical activity.

This report summarizes Arkansas' findings on the priority health risks that result in the most significant causes of death and disability of youth in Arkansas. Written for concerned educators, policy makers, parents and youth, this YRBS report provides a brief overview of:

- the survey's process and procedures;
- survey questions;
- students answers;
- percentage of YRBS participants giving those answers; and
- major summary findings and conclusions.

The Youth Risk Behavior Surveillance System (YRBSS) was designed to focus the nation on behaviors among youth related to the leading causes of mortality and morbidity among both youth and adults and to assess how these risk behaviors change over time. (64)

Additional information about the national, state and local YRBS is available at: www.cdc.gov/healthyyouth/data/yrbs/index.htm



### How Results Can Be Interpreted

Arkansas' 2013 Youth Risk Behavior Survey is a "snapshot in time" showing those drugrelated and disease-producing behaviors reported by high school students during spring, 2013.

Answers in this survey were only as accurate as the student's self reporting. Each student interpreted the terms in each question according to his or her own definitions. For instance do "french fries" qualify as a vegetable? Is low-fat ground beef still considered to be "hamburger"? Is a pocket knife a "weapon"? What area does "on school property" include?

In some cases, the findings could under-or-over-report. Some students chose not to answer certain questions, meaning that all students surveyed were not represented in every response.

However, the percentage of participating students was sufficiently high so that survey findings could be identified as accurate, correct, or "valid at the 95% confidence level." That is, if the survey was to be repeated 100 times, 95 times out of 100, similar results would be found. For each of the 99 questions, different ranges or possible margins of error (confidence intervals) were significantly calculated.

Percentages are reported in this survey for behavior-related questions and were rounded according to Centers for Disease Control and Prevention (CDC) guidelines. Odd half number (e.g., 7.5% or 75.5%) were rounded up (e.g., to 8% or 76% respectively) and even half numbers (e.g., 8.5% or 22.5%) were rounded down (e.g., to 8% or 22% respectively). Based on this rounding system, total percentages may be more or less than 100%.

Interested individuals may request additional information. Researchers and professionals wanting to build upon Arkansas' 2013 YRBS data may request detailed frequency tables from:

#### **Arkansas Department of Education**

School Health Services
Four Capitol Mall, Mail Slot #14
Little Rock, AR 72201
Ph:(501) 683-3604

**Kathleen Courtney**, YRBS Coordinator kathleen.courtney@arkansas.gov

http://www.arkansased.gov/divisions/learning-services/school-health-services/youth-risk-behavior-survey-yrbs

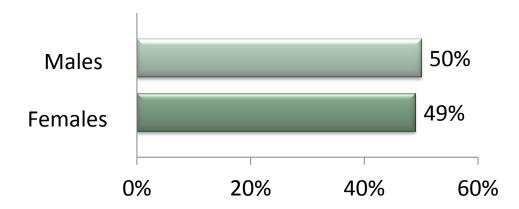
www.arkansascsh.org

# YOUTH RISK BEHAVIOR SURVEY

### Demographics of Survey Participants

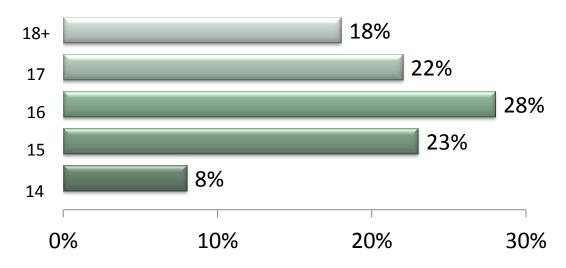
#### Gender

Total number of survey participants = 1,547



### Age

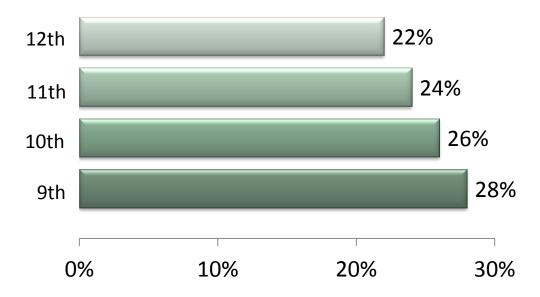
Total number of survey participants = 1,547





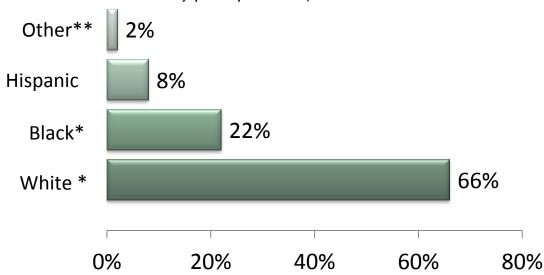
#### Grade

Total number of survey participants = 1,547



#### Race

Total number of survey participants = 1,547



<sup>\*</sup> Non-Hispanic

<sup>\*\*</sup> Other includes American Indian or Native American; Asian; Native Hawaiian or Other Pacific Islander; Multiple — Hispanic; Multiple — Non-Hispanic.

## YOUTH RISK BEHAVIOR SURVEY

Summary Graph

### Number of students in a class of 30 who:

Never or rarely wore a seatbelt when riding in a car

Carried a weapon during the past 30 days

Attempted suicide during the past 12 months

Smoked cigarettes during the past 30 days.

days

Used marijuana during the past 30 days

Ever had sexual intercourse

Were not physically active for a total of at least 60 minutes per day on 7 or more of the past 7 days

Did not attend PE class daily

Did not eat fruits and vegetables 5 or more times per day

**\* \* \* \* \* \*** 4.1

**\* \* \* \* \* \* \* \* \* \*** 

**† † † 1** 3.2

\* \* \* \* \* 1 5.7

10.9

**† † † † † †** 

**\*** 14.8

27.3 **\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*** 



Trend Data 1995 – 2013\*

<u> 11 0 10 10 10 10 10 10 10 10 10 10 10 1</u>
'95 '97 '99 '01 '05 '07 '09 '11 '13
Students who did not go to school because they felt unsafe 5.4 5.1 4.7 7.6 6.3 7.4 5.7
Students who had been threatened with a weapon on school property. 8.7 8.3 9.8 9.4 9.6 9.1 11.9 6.3
Students who had been in a physical 17 fight on school property 15.1 15.5 12.7 13.9 13 14.8 11 11.4
Students who had seriously considered suicide during past 12 months 17.9 19.2 18 19.6 17.4 14.3
Students who had ever tried smoking cigarettes 76.1 71.6 59.7 54.9 74.4 73.7 63.2 51 52.1
Students who had at least one drink 79.3 79.3 79.6 76 73.9 70.4 65.9 67.3 of alcohol
Students who ever used marijuana one or more times 38.8 46.3 44.9 43.6 39.1 34.6 37.4 33.3 36.9
Students who were offered, sold, or given an illegal drug on school property  26.7 25.9 20.8 21.1 29.2 28.1 31.4 26.1 27.4
Students who attended daily PE classes in average school week 28.4 28.8 31.3 30.2 27.2 31.3 22.7 24.2 23

<sup>\* 2013</sup> Arkansas did not receive weighted data.

## YOUTH RISK BEHAVIOR SURVEY

#### Key Findings

The following summaries highlight Arkansas students' responses on the Youth Risk Behavior survey in key areas, and provides an overview of Arkansas students' current activities which impact their health

#### Key Findings Related to Behaviors that Result in Unintentional Injuries and Violence

- Twenty-seven percent of students indicated that they carried a weapon on one or more of the past 30 days. Nine percent of students indicated that they carried a weapon on school property on one or more of the past 30 days.
- ❖ Twenty-seven percent of students reported being in at least one physical fight in the previous year. Involvement in fights occurring on school property over the year prior to the survey were reported by 11 percent of respondents.
- Twenty-three percent of the students reported that within the 30 days preceding the survey they had been a passenger in a car or other vehicle driven by someone who had been drinking alcohol. Eleven percent of the students reported that they had driven a car or other vehicle at least once during the previous 30 days after drinking alcohol.
- Nineteen percent of students seriously considered attempting suicide during the year prior to the survey. Ten percent of respondents actually attempted suicide during this same time frame.
- Fourteen percent of students reported they were physically hurt (including being hit or slapped) on purpose by their boyfriend or girlfriend in the previous year.

#### Key Findings Related to Tobacco Use

- Fifty-two percent of Arkansas high school students had tried cigarette smoking. Sixteen percent smoked a whole cigarette for the first time before age 13. Fourteen percent of students used chewing tobacco at least once during the 30 days prior to the survey.
- Twelve percent of respondents reported that they usually got their own cigarettes by buying them in a store or gas station during the 30 days prior to the survey.
- During the 30 days prior to the survey, 11% of students had smoked 10+ cigarettes/day and 14% of students had used chewing tobacco, dip or snuff the previous 30 days.

#### Key Findings Related to Alcohol and Other Drug Use

- ❖ Students who reported they had at least one drink of alcohol during their life were 64% of ninth graders, 63% of tenth graders, 68% of eleventh graders, and 74% of twelfth graders. Twenty-six percent of students had their first drink of alcohol prior to age 13. Ten percent of students reported using marijuana for the first time before age 13.
- Seven percent of students indicated they had used methamphetamines one or more times in their life.



- Eight percent of students indicated they had used cocaine (any form) on one or more times during their life, with 8% reporting using ecstasy one or more times.
- Thirteen percent of students reported sniffing glue, breathing the contents of aerosol spray cans or inhaling any paints or sprays during their life.
- Forty-six percent of students reported they drank a usual type of alcohol (not including beer) during the 30 days prior to the survey.
- Twenty-seven percent of students had someone offer, sell, or give them an illegal drug on school property during the year prior to the survey.

## Key Findings Related to Sexual Behaviors that result in HIV Infection, Sexually Transmitted Diseases (STDs), and Unintended Pregnancies

- ❖ Forty-nine percent of Arkansas high school students reported that they had sexual intercourse. Eight percent reported that they had sexual intercourse for the first time prior to age 13. Twenty percent reported having sexual intercourse with four or more people during their life.
- Of students who had sexual intercourse during the past three months, 51% used a condom and 20% used birth control pills during the last sexual intercourse to prevent pregnancy.
- Of the students who had sexual intercourse during the past 3 months, 20% reported drinking alcohol or used drugs before last sexual intercourse.
- Seventy-six percent of students reported being taught about AIDS or HIV infection in school.

#### Key Findings Related to Dietary Behaviors

- Thirty-two percent of students described themselves as slightly or very overweight. Forty-eight percent were trying to lose weight. Sixty percent of the female students and 36% of the male students reported trying to lose weight.
- Eighty-four percent of students reported that they had eaten fruit one or more times during the seven days prior to the survey. Fifty-eight percent had eaten a green salad and 77% had eaten vegetables (other than carrots) one or more times during the seven days prior to the survey.
- Thirty-one percent of students reported they had drank a can, bottle, or glass of soda pop one or more times a day during the 7 days prior to the survey.

#### Key Findings Related to Physical Activity

- Thirty-six percent of the students reported they attended PE Classes on one or more days in an average school week.
- Forty-three percent of students reported they were physically active for 60 minutes or more per day on five or more days of the past seven days.
- Thirty-two percent of the students reported watching three or more hours of TV on an average school day.



#### Behaviors that Result in Unintentional Injuries and Violence

This section-addresses personal safety and violence and included questions about physical fights, weapons, vehicle safety and suicide.

#### Rationale

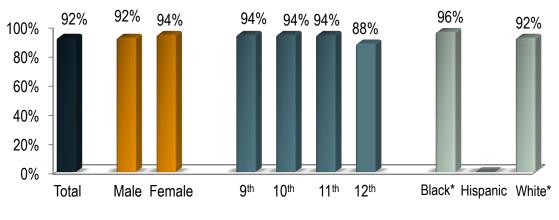
- ❖ Vehicle Safety Helmet Use: In 2000-2001, bicycle activities were the third leading type of sports and recreation-related activities in which 15-19 year old males were injured and treated at an emergency department.<sup>(1)</sup> Head injury is the leading cause of death in bicycle crashes,<sup>(3;4)</sup> and use of bicycle helmets is the single most effective way of reducing head injury and fatalities.<sup>(2)</sup> Estimates indicate bicycle helmets might prevent approximately 56% of bicycle related deaths.<sup>(5)</sup>
- ❖ <u>Vehicle Safety Seat Belts</u>: Motor-vehicle related injuries kill more young adults aged 15-19 years than any other single cause in the United States.<sup>(6)</sup> Safety belts, when used, reduce the risk of fatal injury to front-seat passenger car occupants by 45% and the risk of moderate-to-critical injury by 50%.<sup>(7)</sup>
- Vehicle Safety Drinking and Driving/Texting: In 2008, 22% of 15-20 year old drivers who were killed in motor vehicle crashes and 4% of those injured in crashes had been drinking alcohol. In 2010, 15% of fatally injured passenger vehicle drivers ages 16-17 year old had a blood alcohol concentration (BAC) of .08 grams per deciliter at the time of the crash. Among students nationwide, the prevalence of texting while driving one or more times in the 30 days before the survey was 33%. (26)
- ❖ Violence-Related Behaviors: Homicide is the second leading cause of death among all youth ages 15-19 years (9.6 per 100,000) and is the leading cause of death among black youth aged 15-19 years (33.8 per 100,000).<sup>(6)</sup> Approximately 12% of homicide victims in the United States in 2010 were aged 13-19.<sup>(28)</sup> Of all violent deaths that occurred on school property between 1994 and 2006, 65% involved firearms.<sup>(9)</sup> Bullying victimization is associated with depression,<sup>(30,37)</sup> suicidal ideation,<sup>(30,37)</sup> self- injury,<sup>(37)</sup> suicide attempts, <sup>(37)</sup> increased odds of repeated common health problems,<sup>(41)</sup> school absenteeism,<sup>(43)</sup> psychological distress,<sup>(41)</sup> and feeling unsafe at school. <sup>(43)</sup> Electronic bullying victimization has been associated with discipline problems in school, skipping school, weapon carrying,<sup>(30)</sup> psychological distress,<sup>(66)</sup> lower self-esteem,<sup>(69)</sup> social anxiety,<sup>(72)</sup> depression,<sup>(37)</sup> suicidal ideation,<sup>(37)</sup> self-injury,<sup>(37)</sup> and suicide attempts.<sup>(37)</sup>
- ❖ <u>Violence- Physical Fighting</u>: Physical fighting is a marker for other problem behaviors (10) and is associated with serious injury-related outcomes. (11,12) Intimate partner abuse victimization is associated with participation in other high risk behaviors. (13) Forced sexual intercourse is associated with negative psychological and mental health consequences. (14,15)
- ❖ <u>Violence Suicide</u>: Suicide is the third leading cause of death among youth aged 15-19.<sup>(6)</sup> The suicide rate for persons aged 15-19 was 7.8 per 100,000 in 2009 up from 7.3 per 100,000 in 2006.<sup>(6)</sup>



#### Vehicle Safety

These questions measure the frequency with which students take safety precautions when riding in a motor vehicle, riding a motorcycle or a bicycle.

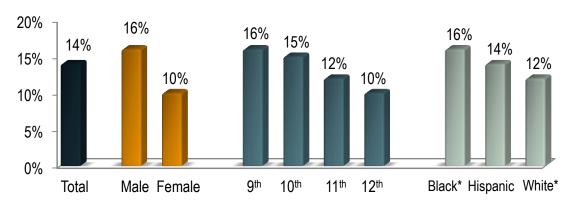
# Among Students who rode a bicycle during the past 12 months, the percentage who never or rarely wore a bicycle helmet.



<sup>\*</sup> Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup

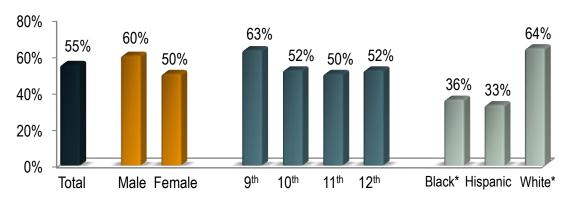
#### Percentage of students who never or rarely wore a seat belt when riding in a car driven by someone else.



<sup>\*</sup> Non Hispanic

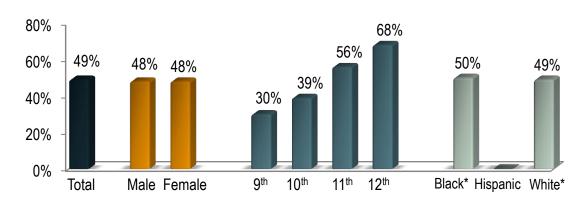


Percentage of students who never or rarely wore a helmet when they rode an all-terrain vehicle (ATV) during the past 12 months.



<sup>\*</sup> Non Hispanic

Percentage of students who drove a car or other vehicle on one or more of the past 30 days who texted or e-mailed while driving.

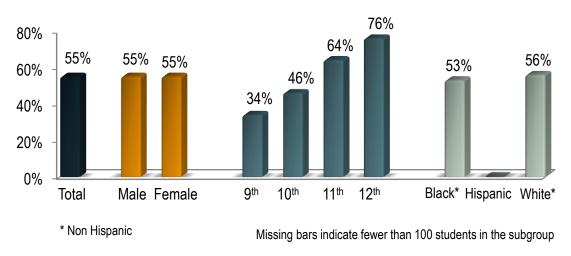


\* Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup



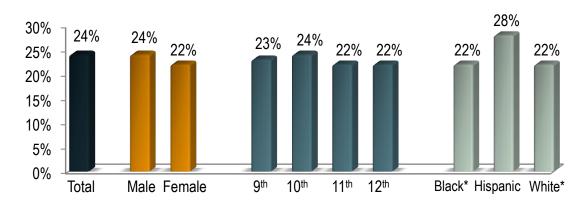
Among students who drove a car or other vehicle during the past 30 days, the percentage who talked on a cell phone while driving on one or more of the past 30 days.



#### Vehicle Safety – Drinking and Driving

These questions measure the frequency with which students ride as a passenger or driver in a motor vehicle operated under the influence of alcohol or drugs.

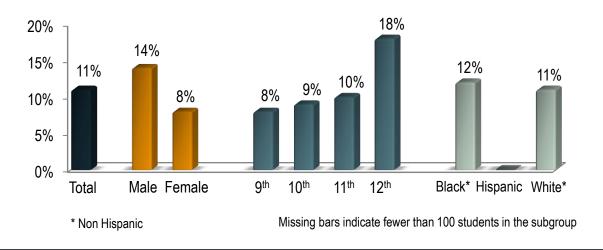
Percentage of students who rode in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the past 30 days.



<sup>\*</sup> Non Hispanic

## YOUTH RISK BEHAVIOR SURVEY

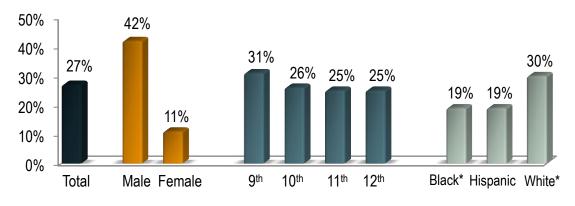
Percentage of students who drove a car or other vehicle when they had been drinking alcohol one or more times during the past 30 days.



#### Violence – Related Behaviors

These questions measure violence-related behaviors.

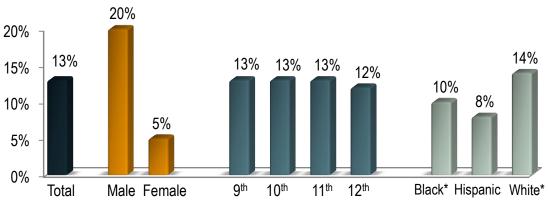
Percentage of students who carried a weapon such as a gun, knife or club on one or more of the past 30 days.



<sup>\*</sup> Non Hispanic

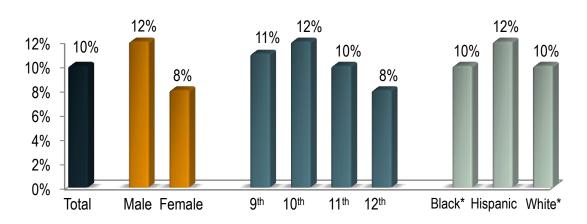


# Percentage of students who carried a gun on one or more of the past 30 days.



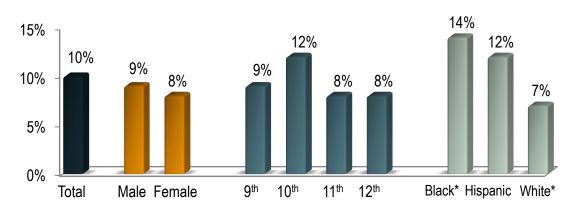
<sup>\*</sup> Non Hispanic

# Percentage of students who carried a gun, knife, or club on school property on one or more of the past 30 days.



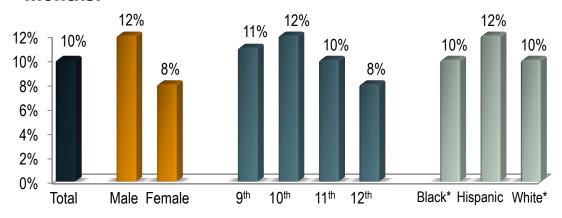
<sup>\*</sup> Non Hispanic

Percentage of students who did not go to school because they felt they would be unsafe at school or on their way to or from school on one of the past 30 days.



<sup>\*</sup> Non Hispanic

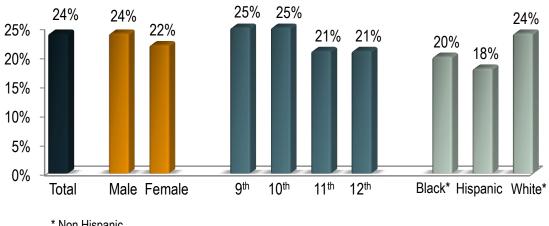
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.



<sup>\*</sup> Non Hispanic

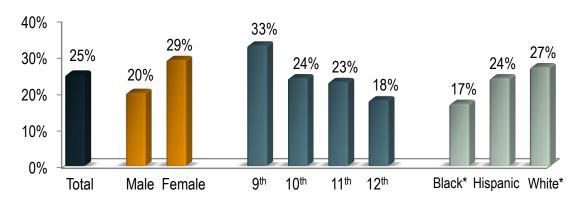


Percentage of students who had property, such as their car, clothing, or books stolen or deliberately damaged on school property one or more times during the past 12 months.



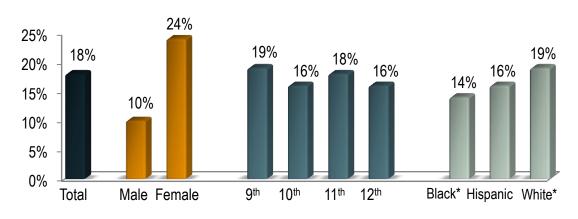
<sup>\*</sup> Non Hispanic

#### Percentage of students who had ever been bullied on school property during the past 12 months.



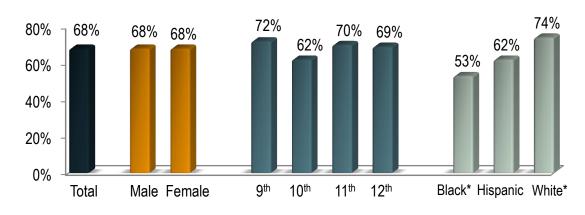
<sup>\*</sup> Non Hispanic

# Percentage of students who had ever been electronically bullied during the past 12 months.



<sup>\*</sup> Non Hispanic

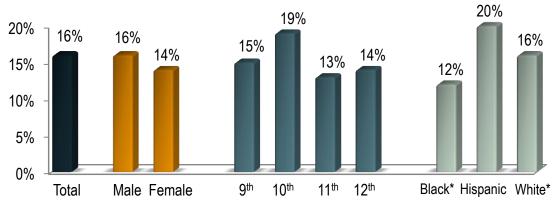
#### Percentage of students who most of the time or always feel safe and secure at school.



<sup>\*</sup> Non Hispanic

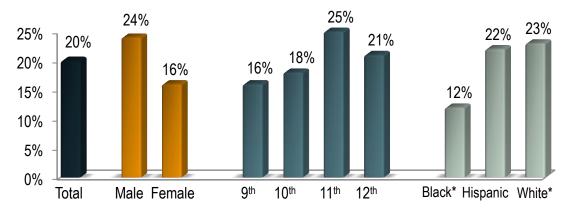


Percentage of students who had ever been the victim of teasing or name calling during the past 12 months because someone thought they were gay, lesbian, or bisexual.



<sup>\*</sup> Non Hispanic

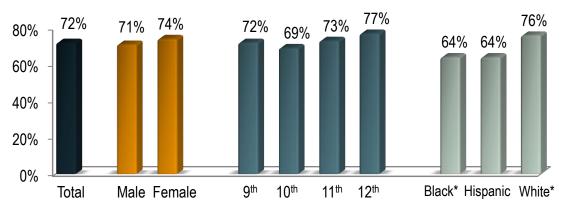
# Percentage of students who disagree or strongly disagree that harassment and bullying by other students is a problem at their school.



<sup>\*</sup> Non Hispanic

## YOUTH RISK BEHAVIOR SURVEY

Percentage of students who responded that there is at least one teacher or adult in this school that they can talk to if they have a problem.

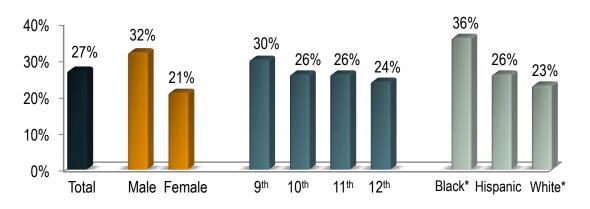


<sup>\*</sup> Non Hispanic

#### Violence – Physical Fighting

These questions measure the frequency and severity of physical fights and the persons with whom students fight.

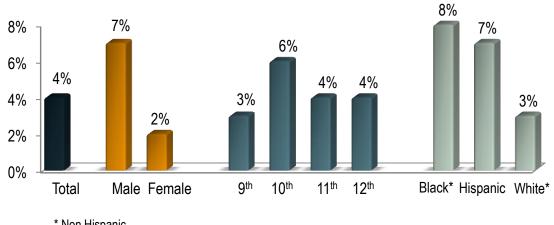
Percentage of students who were in a physical fight one or more times during the past 12 months.



<sup>\*</sup> Non Hispanic

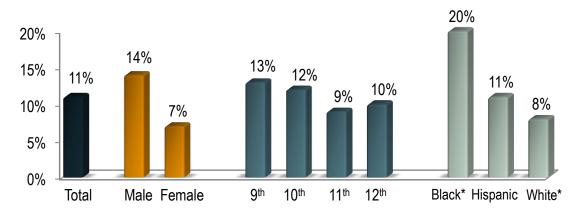


Percentage of students who were injured in a physical fight and had to be treated by a doctor or nurse one or more times during the past 12 months.



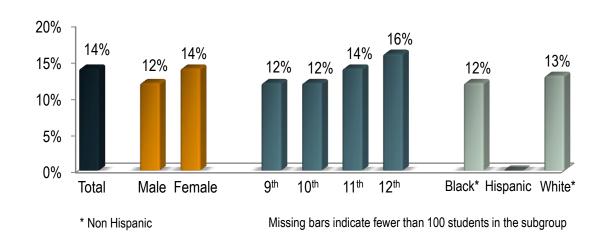
\* Non Hispanic

Percentage of students who were in a physical fight on school property one or more times during the past 12 months.

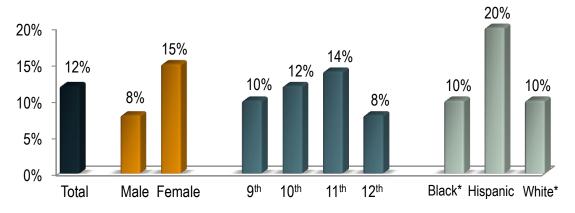


\* Non Hispanic

Among students who dated, the percentage who had been physically hurt on purpose by someone they were dating or going out with one or more time during the past 12 months.



Among students who dated, the percentage of students who had been forced by someone they were dating to do sexual things they did not want to do one or more time in the past 12 months.



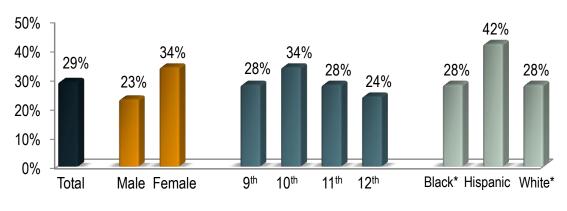
<sup>\*</sup> Non Hispanic



#### Violence - Suicide

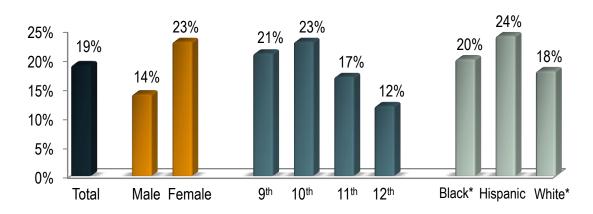
These questions measure attempted suicides and the seriousness of those attempts.

Percentage of students who felt so sad or hopeless everyday for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.



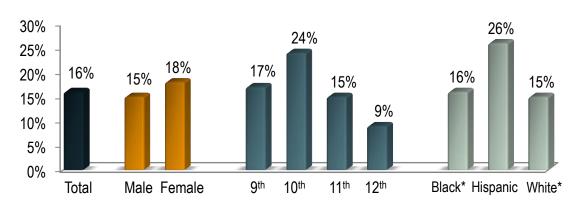
<sup>\*</sup> Non Hispanic

# Percentage of students who seriously considered attempting suicide during the past 12 months.



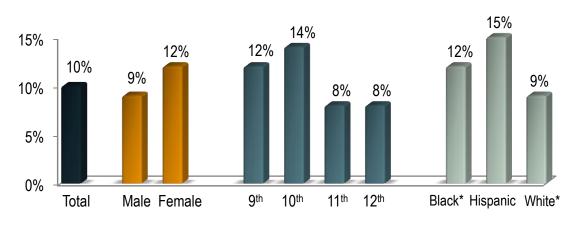
<sup>\*</sup> Non Hispanic

# Percentage of students who made a plan about how they would attempt suicide during the past 12 months.



<sup>\*</sup> Non Hispanic

# Percentage of students who actually attempted suicide one or more times during the past 12 months.

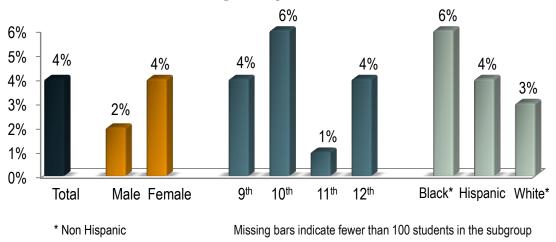


<sup>\*</sup> Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup



Percentage of students whose suicide attempt resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse during the past 12 months.



#### Tobacco Use

This section addresses students use of tobacco products and includes questions about the age at which students first used tobacco products and how often they use them now.

#### Rationale

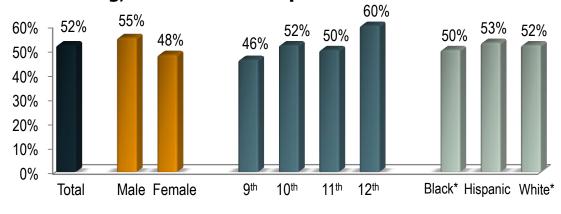
- ❖ Cigarette smoking is the leading cause of preventable death in the United States<sup>(16)</sup> and accounts for approximately 440,000 deaths each year.<sup>(17)</sup> Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix.<sup>(16, 20)</sup> In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in physical fighting, carry a weapon, and attempt suicide.<sup>(18-20)</sup> If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses.<sup>(22)</sup>
- ❖ Use of smokeless tobacco products increases the risk of developing cancer of the oral cavity.<sup>(23)</sup> Smokeless tobacco use also causes an increased risk of heart disease and stroke.<sup>(24)</sup> Other oral health problems strongly associated with smokeless tobacco use are leukoplakia and recession of the gums.<sup>(20, 25,27)</sup>

## YOUTH RISK BEHAVIOR SURVEY

### Tobacco Use – Cigarette Smoking

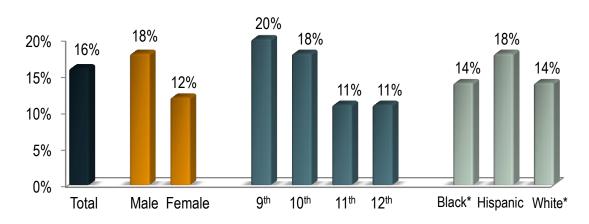
These questions measure smoking experimentation, current smoking patterns, age of initiation, and attempt to quit smoking cigarettes.

## Percentage of students who ever tried cigarette smoking, even one or two puffs.



<sup>\*</sup> Non Hispanic

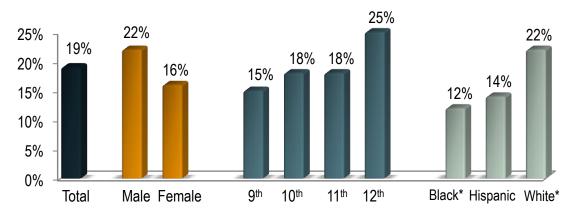
# Percentage of students who smoked a whole cigarette for the first time before age 13 years.



<sup>\*</sup> Non Hispanic

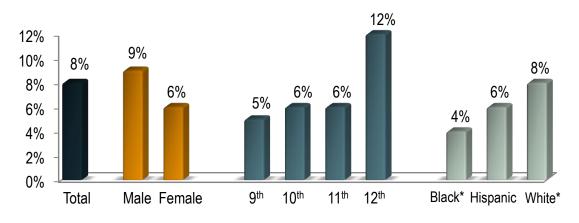


# Percentage of students who smoked cigarettes on one or more of the past 30 days.



<sup>\*</sup> Non Hispanic

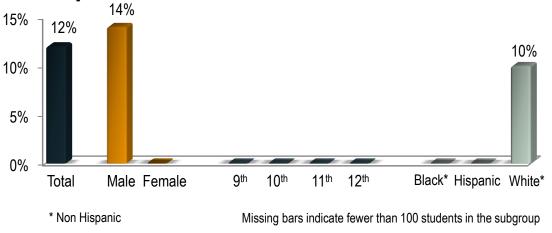
# Percentage of students who smoked cigarettes on 20 or more of the past 30 days.



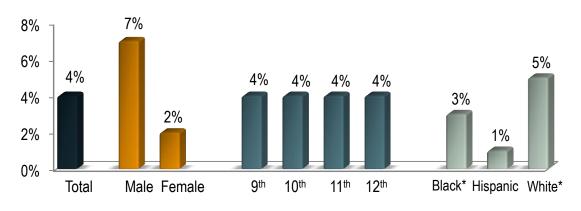
<sup>\*</sup> Non Hispanic



Among students who are less than 18 years of age and who are current smokers, the percentage who usually got their own cigarettes by buying them in a store or gas station during the past 30 days.



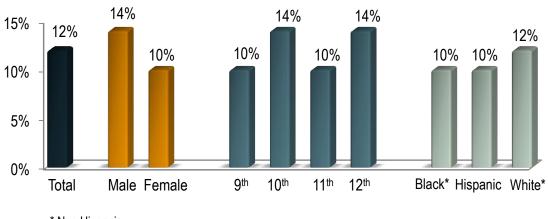
# Percentage of students who smoked cigarettes on school property on one or more of the past 30 days.



<sup>\*</sup> Non Hispanic

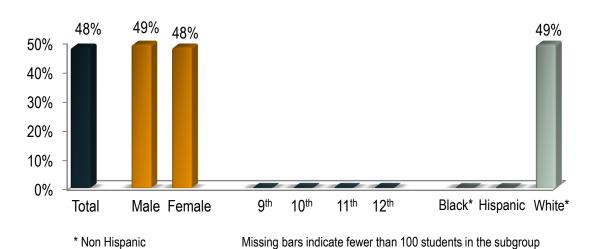


# Percentage of students who ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days.



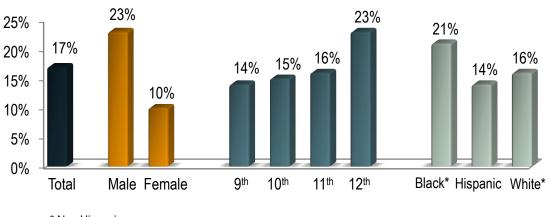
<sup>\*</sup> Non Hispanic

## Among students who are current smokers, the percentage who ever tried to quit smoking during the past 12 months.





## Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.

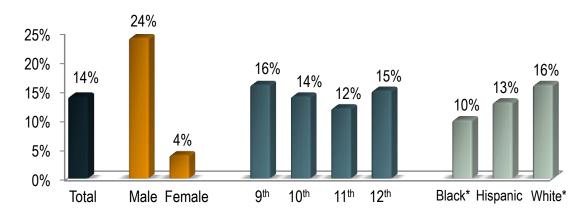


#### \* Non Hispanic

#### Tobacco Use – Smokeless Tobacco

These questions measures smokeless tobacco use.

# Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.



<sup>\*</sup> Non Hispanic



### <u>Alcohol and Other Drug Use</u>

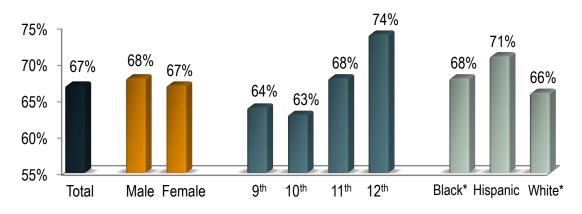
This section addresses students use of alcohol, marijuana, cocaine, steroids and other illegal drugs. The questions in this section ask the age at which students first used these substances and how often they use them now.

#### Rationale

- ❖ Alcohol Use: Motor vehicle crashes are the leading cause of death among youth aged 15-19 in the United States and alcohol use is associated with 22% of all traffic-related fatalities, including 18% of all traffic fatalities among drivers 16-20 years of age. (6, 70) Heavy alcohol drinking and binge drinking among youth is associated with risky sexual behaviors, being a victim of dating violence, and use of cigarettes, (29, 63) marijuana, cocaine, and other illegal drugs. (30) Limiting youth access to alcohol has reduced underage drinking and alcohol-related problems. (31)
- ❖ **<u>Drug Use</u>**: Among youth, illicit drug use is related with heavy alcohol and tobacco use, <sup>(32)</sup> violence and delinquency, <sup>(33-36)</sup> and suicide. <sup>(71)</sup>

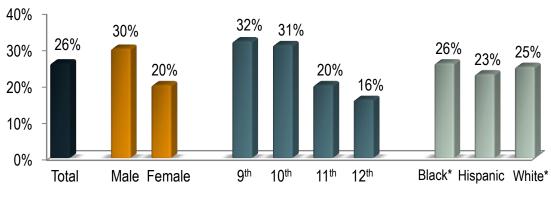
These questions measure frequency of alcohol use, age of initiation of drinking, and heavy drinking.

### Percentage of students who had at least one drink of alcohol on one or more days during their life.



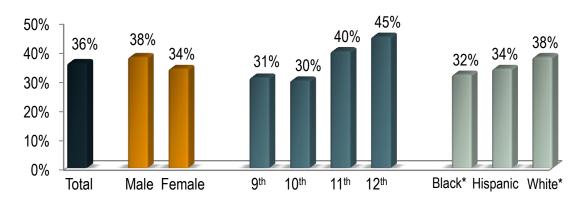
<sup>\*</sup> Non Hispanic

### Percentage of students who had their first drink of alcohol other than a few sips before age 13 years.



<sup>\*</sup> Non Hispanic

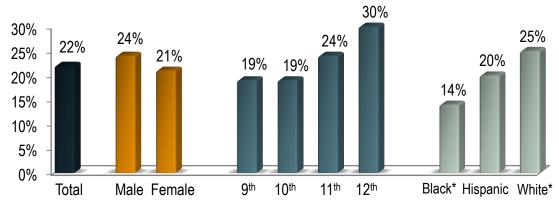
### Percentage of students who had at least one drink of alcohol on one or more of the past 30 days.



<sup>\*</sup> Non Hispanic

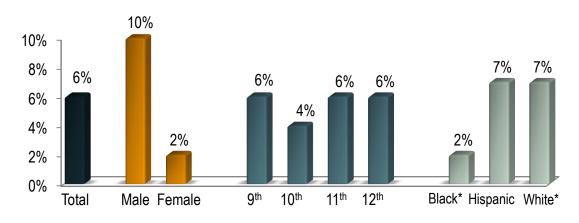


Percentage of students who had five or more drinks in a row, that is, within a couple of hours, on one or more of the past 30 days.



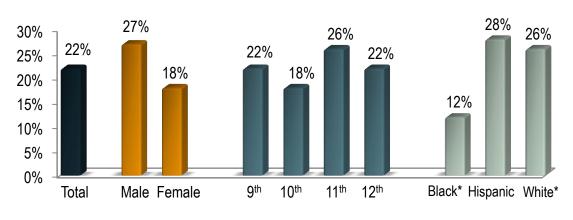
<sup>\*</sup> Non Hispanic

Percentage of students who had at least ten or more drinks of alcohol in a row, that is, within a couple of hours, during the past 30 days.



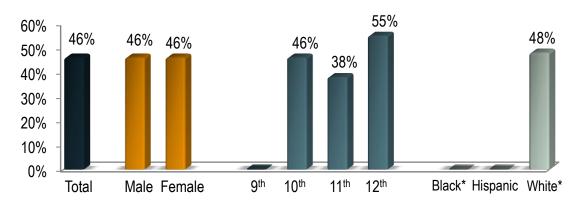
<sup>\*</sup> Non Hispanic

### Percentage of students who drank a usual brand of beer during the past 30 days.



<sup>\*</sup> Non Hispanic

#### Percentage of students who drank a usual type of alcohol during the past 30 days (vodka, rum, scotch, bourbon, or whiskey).

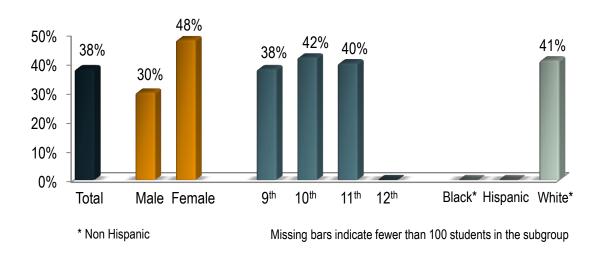


<sup>\*</sup> Non Hispanic

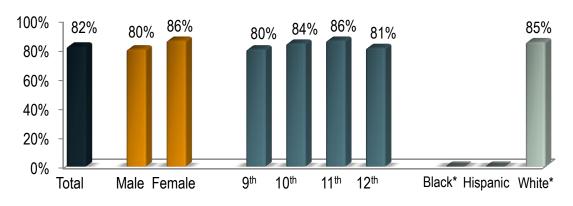
Missing bars indicate fewer than 100 students in the subgroup



Percentage of students who usually got the alcohol they drank from someone who gave it to them during the past 30 days.



Percentage of students who reported their home or another person's home as their usual place they usually drank alcohol during the past 30 days.



<sup>\*</sup> Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup

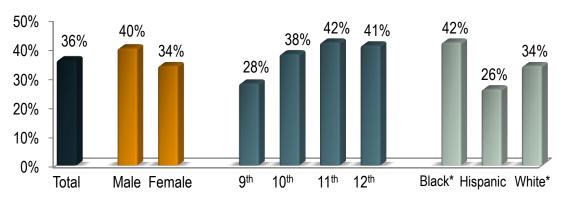
# 2013

### YOUTH RISK BEHAVIOR SURVEY

### Drug Use

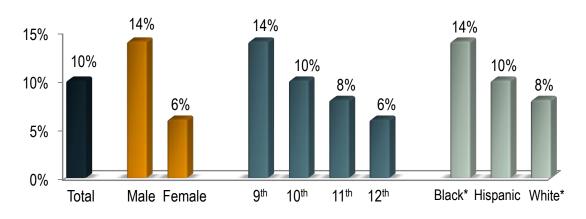
These questions measure frequency of alcohol use, age of initiation of marijuana and cocaine use.

### Percentage of students who used marijuana one or more times during their life.



<sup>\*</sup> Non Hispanic

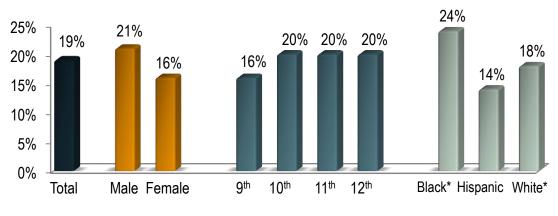
### Percentage of students who tried marijuana for the first time before age 13 years.



<sup>\*</sup> Non Hispanic

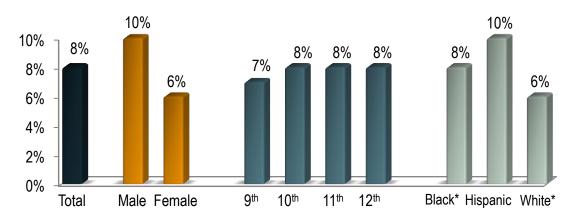


### Percentage of students who tried marijuana one or more times during the past 30 days.



<sup>\*</sup> Non Hispanic

### Percentage of students who used any form of cocaine, including powder, crack, freebase or one or more times during their life.

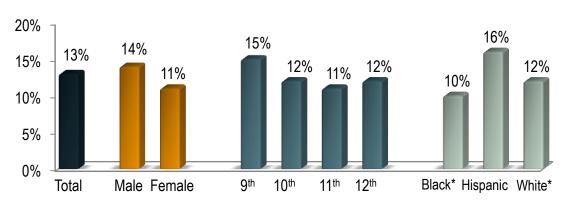


<sup>\*</sup> Non Hispanic

# 2013

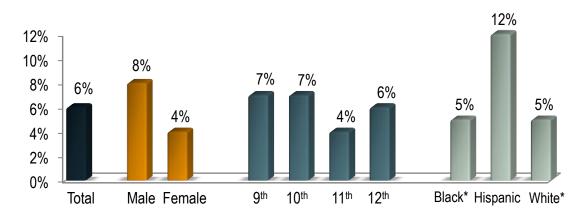
### YOUTH RISK BEHAVIOR SURVEY

Percentage of students who sniffed glue, breathed contents of aerosol spray cans, or inhaled any paint or sprays to get high one or more times during their life.



<sup>\*</sup> Non Hispanic

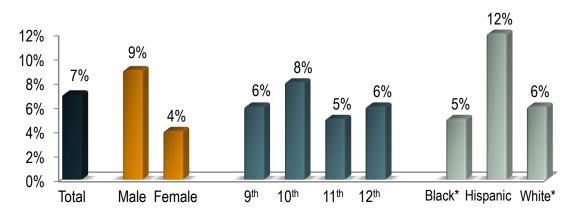
### Percentage of students who used heroin one or more times during their life.



<sup>\*</sup> Non Hispanic

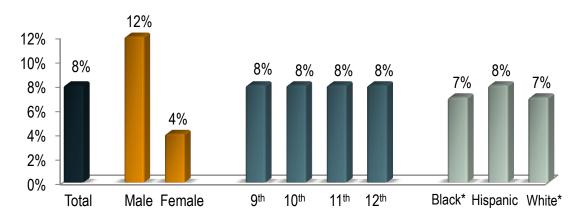


### Percentage of students who used methamphetamines one or more times during their life.



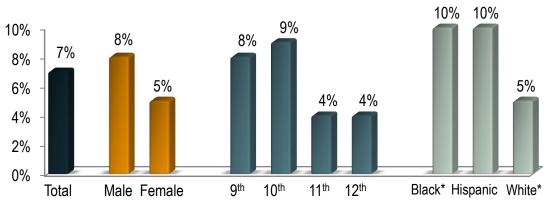
<sup>\*</sup> Non Hispanic

### Percentage of students who used ecstasy one or more times during their life.



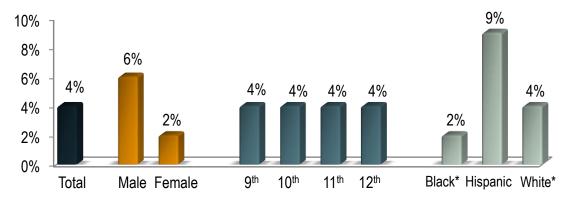
<sup>\*</sup> Non Hispanic

Percentage of students who took steroid pills or shots without a doctor's prescription one or more times during their life.



<sup>\*</sup> Non Hispanic

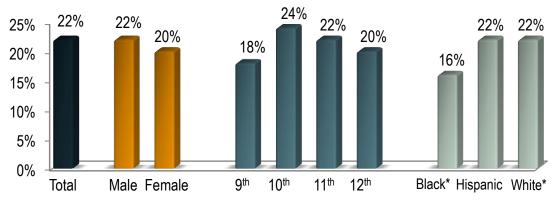
Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life.



<sup>\*</sup> Non Hispanic

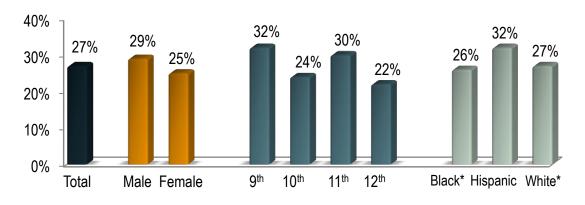


Percentage of students who have taken a prescription drug (such as OxyContin, Percocet, Vicodin, Codeine, Adderall, Ritalin, or Xanax) without a doctor's prescription one or more times during their life.



\* Non Hispanic

Percentage of students who were offered, sold, or given an illegal drug on school property by someone during the past 12 months.



\* Non Hispanic



## Sexual Behaviors that Contribute to HIV Infection, Other Sexually Transmitted Diseases (STDs), and Unintended Pregnancies.

This section addresses students receiving information about AIDS or HIV infection, whether they have had sexual intercourse, the frequency with which they have sex and whether they use a method to prevent pregnancy.

#### Rationale

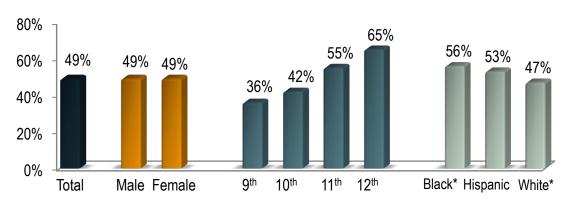
- ❖ **Sexual Activity:** Early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners.<sup>(38, 73)</sup> In addition, adolescents who initiate sexual intercourse early are less likely to use contraception <sup>(73, 51)</sup> and are at higher risk for STDs<sup>(72)</sup> and pregnancy. <sup>(39, 40)</sup>
- ❖ AIDS, HIV & STDs: Estimates suggest that while representing 25% of the ever sexually active population, persons aged 15- to 24-years acquire nearly half of all new STDs. (65) Gonorrhea rates are highest among females between the ages of 15 and 19 (570.9 cases per 100,000 females) and males between the ages of 20 and 24 (421.0 cases per 100,000 males). (42) Between 2006 and 2009, the rate of HIV infection reporting increased 24% among persons ages 13-19 years and 31% among persons aged 20- to 24 years. By the end of 2008, in the 40 states with confidential name-based HIV infection reporting there were an estimated 7,859 persons ages 13-19 living with a diagnosis of HIV infection and 3,388 living with a diagnosis of AIDS. (74)



### Sexual Activity

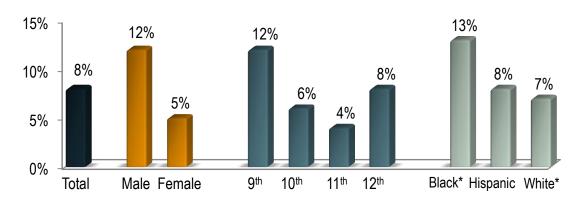
These questions measure the prevalence of sexual activity, number of sexual partners, age of first intercourse, and alcohol and drug use related to sexual activity.

#### Percentage of students who ever had sexual intercourse.



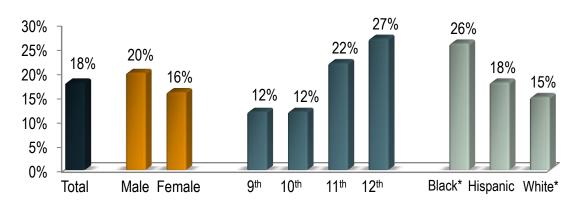
<sup>\*</sup> Non Hispanic

#### Percentage of students who had sexual intercourse for the first time before age 13 years.



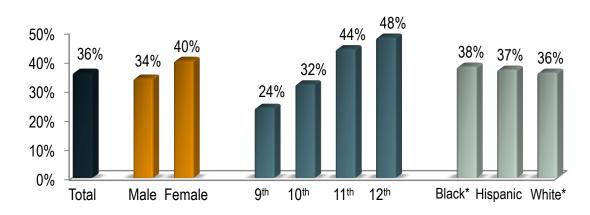
<sup>\*</sup> Non Hispanic

### Percentage of students who had sexual intercourse with four or more people during their life.



<sup>\*</sup> Non Hispanic

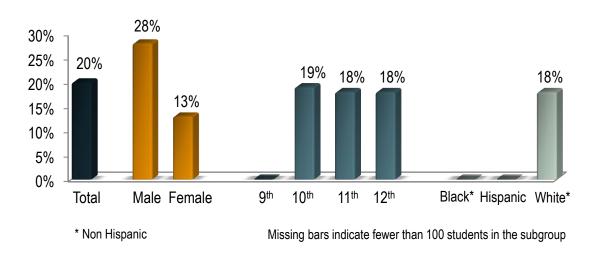
#### Percentage of students who had sexual intercourse with one or more people during the past 3 months.



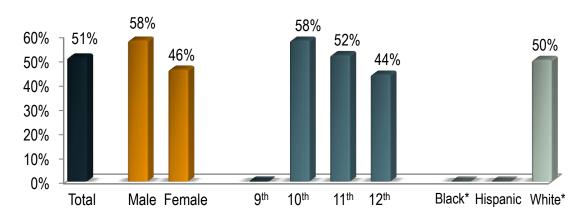
<sup>\*</sup> Non Hispanic



Among students who had sexual intercourse during the past 3 months, the percentage who drank alcohol or used drugs before last sexual intercourse.



Among students who had sexual intercourse during the past 3 months, the percentage who used a condom during last sexual intercourse.

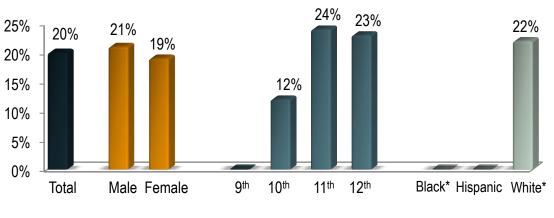


\* Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup



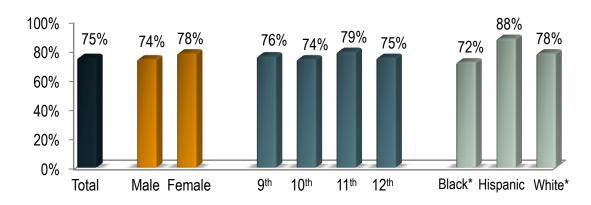
Among students who had sexual intercourse during the past 3 months, the percentage who used birth control pills to prevent pregnancy before last sexual intercourse.



\* Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup

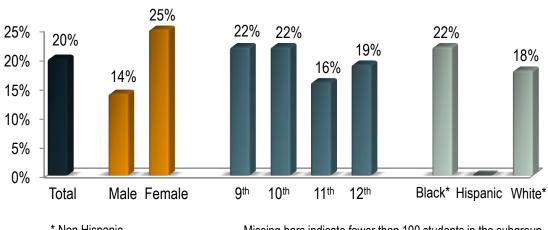
### Percentage of students who had ever been taught about AIDS or HIV infection.



\* Non Hispanic



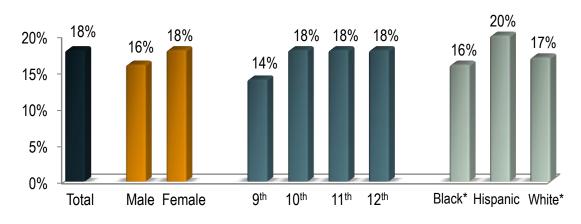
#### Percentage of students whose partner was three or more years older the first time they had sexual intercourse.



\* Non Hispanic

Missing bars indicate fewer than 100 students in the subgroup

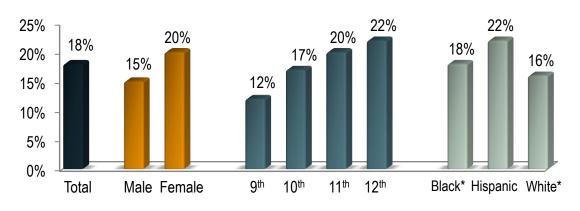
#### Percentage of students who have ever been tested for HIV, the virus that causes AIDS.



\* Non Hispanic



#### Percentage of students who have ever been tested for a sexually transmitted disease (STD).



<sup>\*</sup> Non Hispanic

### Dietary Behaviors

This section addresses how students feel about their weight and what, if anything, they are doing to control their weight. The questions also inquire about how often students eat healthful foods and "junk" foods.

#### Rationale

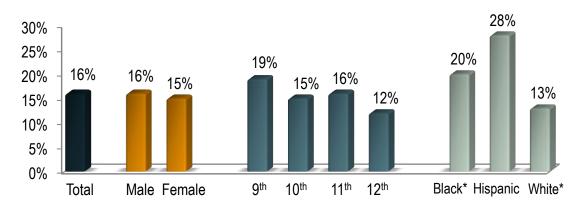
- ❖ **Obesity:** It is critical to continue monitoring height and weight because the prevalence of obesity among adolescents has tripled since 1980.<sup>(75)</sup> Obesity during childhood and adolescence is associated with negative psychological and social consequences and adverse health outcomes, including type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and the metabolic syndrome. Further, obese adolescents are more likely to become obese adults.<sup>(60,61)</sup>
- ❖ Nutrition: There is probable evidence to suggest that dietary patterns with higher intakes of fruits and vegetables are associated with a decrease for some types of cancer, (44-46) cardiovascular disease, (47) and stroke. (48) In recent years, sugar-sweetened beverage consumption has significantly increased among children and adolescents. (49, 77)



#### Obesity

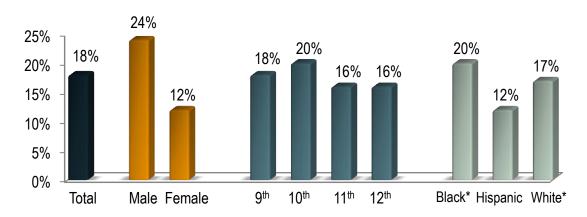
These questions measure self-perceptions of and efforts to modify body weight, including behaviors that may lead to eating disorders and other health problems.

#### Percentage of students who were overweight\*\*



<sup>\*</sup> Non Hispanic

#### Percentage of students who were obese\*\*



<sup>\*</sup> Non Hispanic

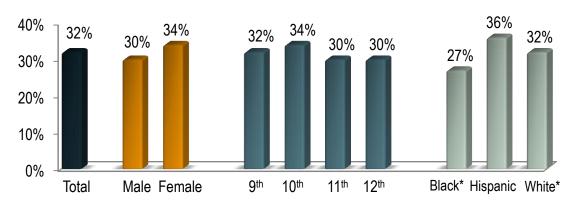
<sup>\*\*</sup> At or above the 85th percentile but below the 95th percentile for body mass index, by age and sex. Based on reference data from the 2000 CDC Growth Charts.

<sup>\*</sup> Non-Hispanic

<sup>\*\*</sup> At or above the 95<sup>th</sup> percentile for body mass index, by age and sex. Based on reference data from the 2000 CDC Growth Charts.

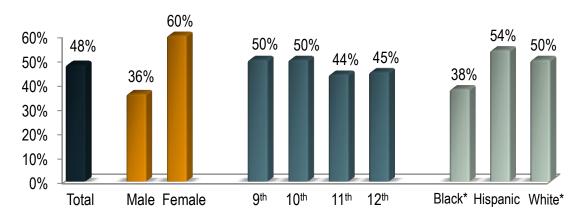
<sup>\*</sup> Non-Hispanic

### Percentage of students who described themselves as slightly or very overweight.



<sup>\*</sup> Non Hispanic

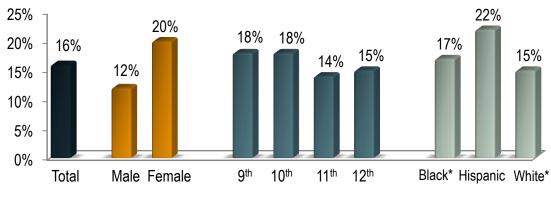
#### Percentage of students who were trying to lose weight.



<sup>\*</sup> Non Hispanic

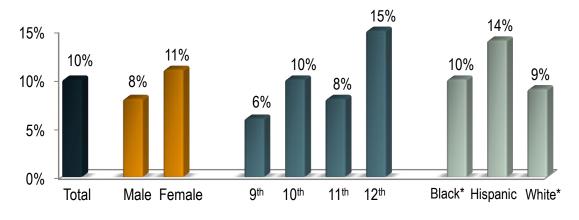


Percentage of students who went without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days.



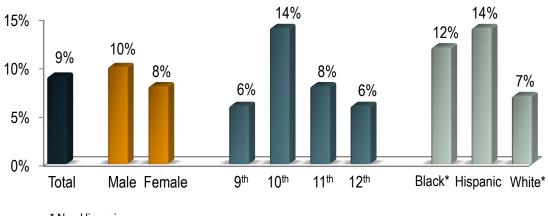
<sup>\*</sup> Non Hispanic

Percentage of students who took diet pills, powder, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days.



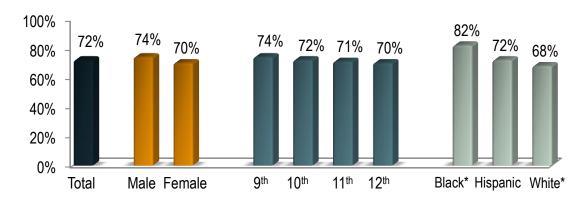
<sup>\*</sup> Non Hispanic

### Percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days.



#### \* Non Hispanic

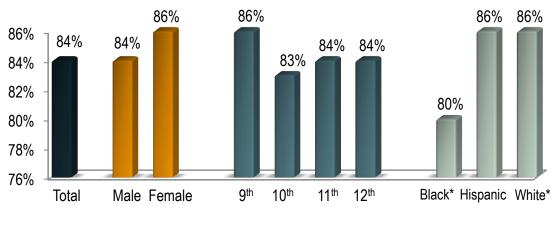
### Percentage of students who drank 100% fruit juices during the past 7 days.



<sup>\*</sup> Non Hispanic

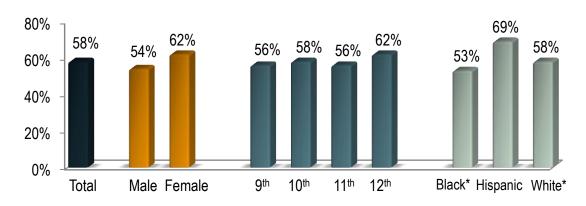


### Percentage of students who ate fruit one or more times during the past seven days.



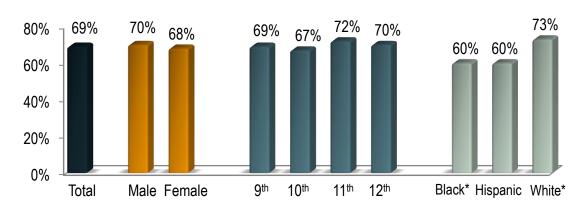
<sup>\*</sup> Non Hispanic

#### Percentage of students who ate green salad one or more times during the past seven days.



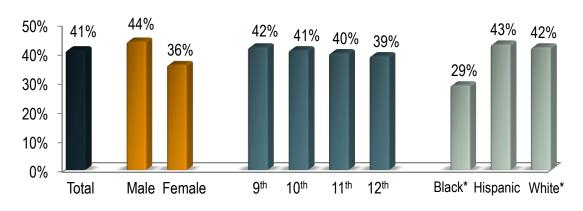
<sup>\*</sup> Non Hispanic

### Percentage of students who ate potatoes one or more times during the past seven days.



<sup>\*</sup> Non Hispanic

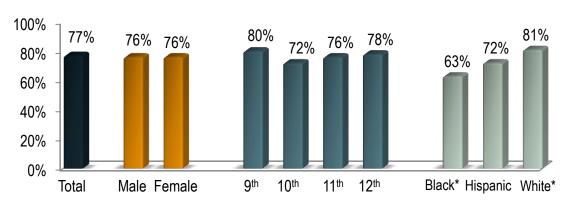
### Percentage of students who ate carrots one or more times during the past seven days.



<sup>\*</sup> Non Hispanic

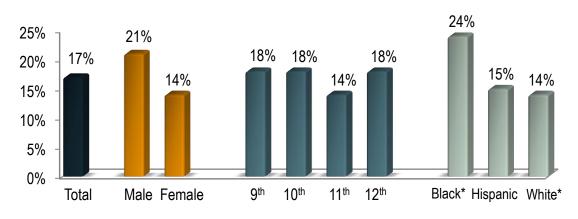


#### Percentage of students who ate other vegetables one or more times during the past seven days.



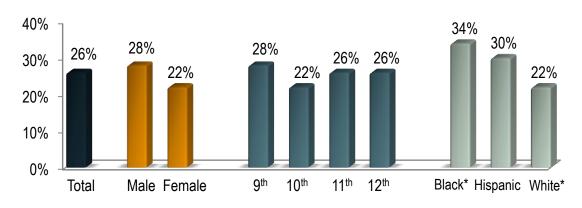
<sup>\*</sup> Non Hispanic

### Percentage of students who ate fruits and vegetables five or more times per day during the past seven days.



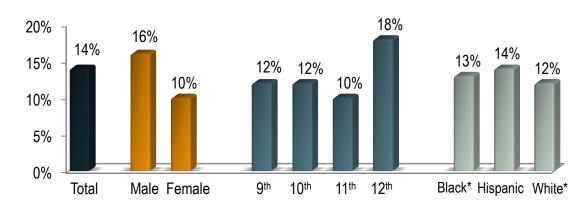
<sup>\*</sup> Non Hispanic

## Percentage of students who ate fruits or drank 100% fruit juices two or more times per day during the past seven days.



<sup>\*</sup> Non Hispanic

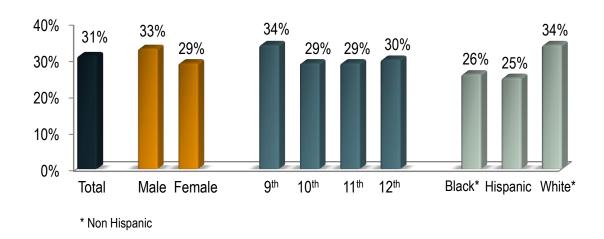
#### Percentage of students who ate vegetables three or more times per day during the past seven days.



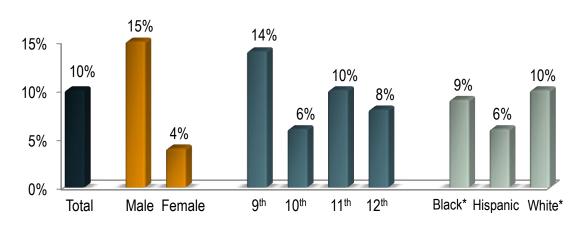
<sup>\*</sup> Non Hispanic



Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day during the past seven days.

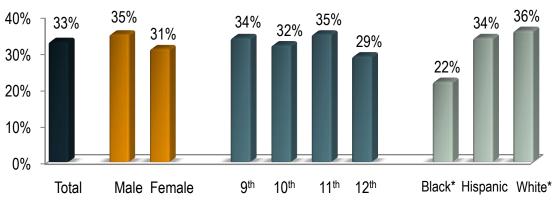


#### Percentage of students who drank three or more glasses of milk during the past seven days.



<sup>\*</sup> Non Hispanic

#### Percentage of students who ate breakfast on all of the past seven days.



<sup>\*</sup> Non Hispanic

### Physical Activity

This section addresses how often students engage in physical activities that improve or maintain aerobic capacity, flexibility, and muscle strength. Students were also asked about school based physical activities including physical education classes and sports teams.

#### Rationale

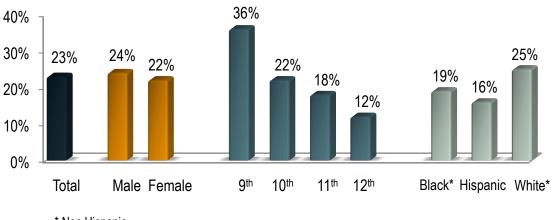
- ❖ Physical Activity: Participation in regular physical activity among young people helps build and maintain healthy bones and muscles, control weight, build lean muscle, and reduce fat; reduces feelings of depression and anxiety; and promotes psychological well-being. Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, some types of cancer, and premature death. School physical education classes can increase adolescent participation in physical activity school students develop the knowledge, attitudes, and health skills they need to engage in lifelong physical activity. Sandal
- ❖ Physical Inactivity: Watching TV and using a computer are considered sedentary behaviors. Among youth, time spent watching TV is associated with childhood and adult obesity (56, 58-59,-67, 68) and youth who engage in less than two hours of TV viewing per day tend to be more active. (67)



#### Physical Activity

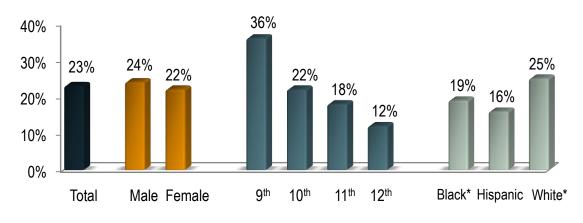
These questions measure how active or inactive students are in relationship to their physical well being.

Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school.



\* Non Hispanic

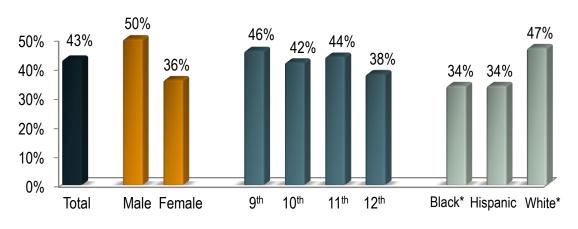
Percentage of students who attended physical education (PE) classes daily in an average week when they were in school.



<sup>\*</sup> Non Hispanic

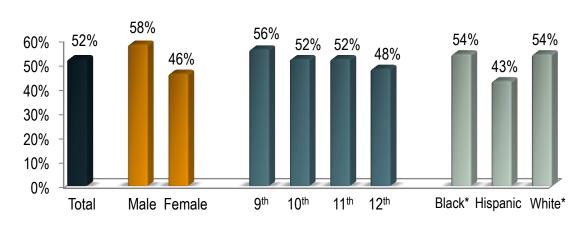


Percentage of students who were physically active for a total of 60 minutes or more per day on five or more of the past seven days.



<sup>\*</sup> Non Hispanic

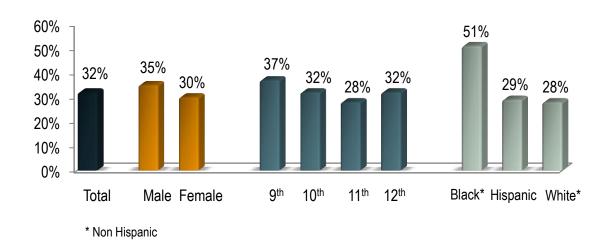
### Percentage of students who played on one or more sports teams during the past 12 months.



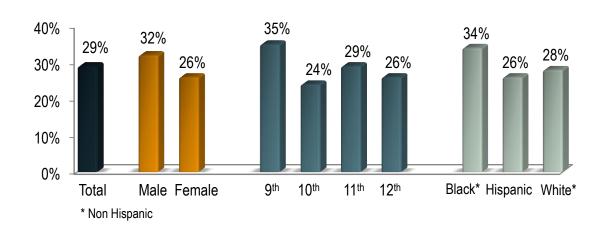
<sup>\*</sup> Non Hispanic



Percentage of students who watched three or more hours per day of TV on an average school day.



Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day.



# 2013

### YOUTH RISK BEHAVIOR SURVEY

#### Other Health-Related Topics

This section addresses other health-related topics and information.

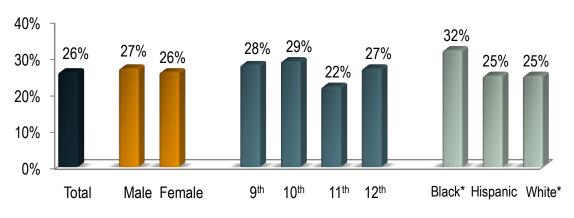
#### Asthma

These questions deals with students' perceived health status and asthma.

#### Rationale

❖ **Asthma:** Approximately 10.1 million (14%) U.S. children under 18 years have been diagnosed with asthma at some time in their lives. (78) In 2004, children made 7 million visits to doctors' offices and hospital outpatient departments, 754,000 visits to hospital emergency departments, and had 198,000 hospitalizations due to asthma. (62)

### Percentage of students who had ever been told by a doctor or nurse they had asthma.



<sup>\*</sup> Non Hispanic



#### 2013 Arkansas YRBS Questionnaire

			(DS Questionnaire		
Question	#	<u>%</u>	Question	#	<u>%</u>
1. How old are you?			9. How often do you wear a sea	tbelt when riding in a car	driven by
1. 12 Years old or younger	5	0.4	someone else?		
2. 13 years old	4	0.4	1. Never	82	5.7
3. 14 years old	107	8.2	2. Rarely	102	7.8
4. 15 years old	324	23.1	3. Sometimes	212	15.8
5. 16 years old	461	28.5	4. Most of the time	383	25.0
6. 17 years old	373	21.8	5. Always	749	45.7
7. 18 years or older	269	17.6	Missing	19	
Missing	4	17.0	10. During the past 30 days, how	w many times did you ride	e in a car or
-	7		other vehicle driven by some		
2. What is your sex?			1. 0 times	1,169	76.4
1. Female	799	49.2	2. 1 time	142	8.9
2. Male	738	50.8	3. 2 or 3 times	112	7.3
Missing	10		4. 4 or 5 times	26	1.6
3. In what grade are you?			5. 6 or more times	89	5.8
1. 9 <sup>th</sup> grade	350	27.8	Missing	9	0.0
2. 10 <sup>th</sup> grade	432	25.8			
3. 11 <sup>th</sup> grade	415	23.9	11. During the past 30 days, how		e a car or
4. 12 <sup>th</sup> grade	332	23.3	other vehicle when you had	•	
Missing	12	22.1	I did not drive a car durin	•	23.0
iviissiiig	12		2. 0 times	945	68.0
4. Are you Hispanic or Latino?			3. 1 time	55	3.8
1. Yes	153	7.9	3. 2 or 3 times	34	2.4
2. No	1,371	92.1	4. 4 or 5 times	10	0.7
Missing	23		5. 6 or more times	26	2.0
5. What is your race?			Missing	163	
1. Black *	211	21.7	12. During the past 30 days, on	how many days did you t	ext or e-mai
2. Hispanic/Latino	148	7.7	while driving a car or other v		
3. White *	1,019	66.5	I did not drive a car durin		22.5
4. All other races	73	2.1	2. 0 days	557	39.5
5. Multiple races	58	1.9	3. 1 or 2 days	155	10.7
Missing	38	1.0	4. 3 to 5 days	73	5.8
	00		5. 6 to 9 days	52	3.2
* Non-Hispanic			6. 10 to 19 days	53	3.4
8. When you rode a bicycle during the	past 12 months,	how often did	7. 20 to 29 days	57	3.9
you wear a helmet?			8. All 30 days	158	11.0
1. Did not ride a bicycle	677	44.3	Missing	137	
2. Never wore a helmet	743	48.8			
3. Rarely wore a helmet	46	2.9	13. During the past 30 days, on h		arry a
4. Sometimes wore a helmet	29	1.8	weapon such as a gun, knife		<b>-0.0</b>
5. Most of the time wore a helmet	16	0.8	1. 0 days	1,098	72.9
6. Always wore a helmet	23	1.5	2. 1 day	54	3.8
Missing	13		3. 2 or 3 days	68	4.8
•			4. 4 or 5 days	59	4.4
			5. 6 or more days	202	14.1
			Missing	66	
			1		

## 2013

### YOUTH RISK BEHAVIOR SURVEY

#### 2013 Arkansas YRBS Questionnaire

	14	2013 Arka	ansas Yk	(BS Questionnaire		
Ques	stion	#	<u>%</u>	Question	#	<u>%</u>
14. Dur	ring the past 30 days, on how	many days did you o	arry a gun?	19. During the past 12 months, how	v many times were you	in a
	0 days	1,314	86.7	physical fight in which you wer		
	1 day	57	3.8	a doctor or nurse?	o injurou una naa to be	, ii outou sy
	2 or 3 days	56	4.1	1. 0 times	1,439	95.4
	4 or 5 days	27	2.0	2. 1 time	35	2.7
	6 or more days	47	3.4	3. 2 or 3 times	16	1.3
	Missing	46		4. 4 or 5 times	5	0.3
	· ·			5. 6 or more times	6	0.3
	uring the past 30 days, on how			Missing	46	0.0
	eapon such as a gun, knife, or					
	0 days	1,387	90.9	20. During the past 12 months, how		in a
	1 day	21	1.7	physical fight on school proper	•	
	2 or 3 days	27	1.9	1. 0 times	1,363	88.6
	4 or 5 days	13	0.9	2. 1 time	87	6.7
	6 or more days	67	4.7	3. 2 or 3 times	28	2.1
	Missing	46		4. 4 or 5 times	11	0.9
16 Dur	ring the past 30 days, on how	many days did you r	not ao to	5. 6 or 7 times	3	0.2
	hool because you felt you wou		-	6. 8 or 9 times	3	.0.3
	ay to or from school?		or or on you.	7. 12 or more times	16	1.1
	0 days	1,408	90.4	Missing	36	
	1 day	62	4.4	21. Have you ever been physically	forced to have coviral in	atoroourco
	2 or 3 days	31	2.4	when you did not want to?	iorceu lo riave sexual il	ileicouise
	4 or 5 days	12	0.9	1. Yes	187	11.6
	6 or more days	27	1.9	2. No	1,326	88.4
	Missing	7	1.5	Missing	1,320 34	00.4
	_	•				
	ring the past 12 months, how r			22. During the past 12 months, how		
	reatened or injured you with a	weapon such as a g	un, knife, or	were dating or going out with ph		rpose?
	ib on school property?			I did not date or go out with		
	0 times	1,382	89.1	during the past 12 months.	310	21.0
	1 time	44	2.8	2. 0 times	996	68.1
	2 or 3 times	43	3.2	3. 1 time	51	3.7
	4 or 5 times	21	1.6	4. 2 or 3 times	47	3.5
	6 or 7 times	13	0.8	5. 4 or 5 times	16	1.2
	8 or 9 times	7	0.6	6. 6 or more times	32	2.5
	10 or 11 times	3	0.3	Missing	95	
	12 or more times	24	1.6	23. During the past 12 months, ho	w many times did some	one vou
	Missing	10		were dating or going out with for		•
18. Dur	ring the past 12 months, how r	many times were voi	ı in a	you did not want to do?	orde you to do sexual t	iiigs tilat
	ysical fight?	, , , , , , , , , , , , , , , , , , , ,		1. I did not date or go out with	anyone during	
	0 times	1,114	73.0	the past 12 months	313	21.2
	1 time	169	11.6	2. 0 times	1,002	68.7
	2 or 3 times	112	8.0	3. 1 time	53	3.5
	4 or 5 times	36	2.6	4. 2 or 3 times	53	3.7
	6 or 7 times	21	1.6	4. 2 or 5 times 5. 4 or 5 times	53 11	3.7 0.7
	8 or 9 times	8	0.6	6. 6 or more times	29	2.2
	10 or 11 times	8	0.5		29 86	۷.۷
	12 or more times	31	2.1	Missing	OU	
	Missing	18	۲.۱	I		

48

Missing



		2013 Ark	ansas Yf	RBS	Questionnaire		
Ol	uestion	#	%		estion	#	%
24.	During the past 12 months, have yo	ou ever been bull			How old were you when you smoked	a whole cigaret	
	property?				time?	ŭ	
	1. Yes	381	25.0	.	1. I have never smoked a whole cigar	ette 848	60.3
	2. No	1,134	75.0		2. 8 years old or younger	64	4.7
	Missing	32			3. 9 or 10 years old	57	4.2
25	During the past 12 months, have y	ou over been ele	ctronically		4. 11 or 12 years old	89	6.7
25.	bullied?	ou ever been ele	Cironically		5. 13 or 14 years old	146	10.5
	1. Yes	275	17.6		6. 15 or 16 years old	142	10.0
	2. No	1,238	82.4		7. 17 years old or older	53	3.6
	Missing	34	02.4		Missing	148	
26. During the past 12 months, did you ever feel so sad or hopeless			33. During the past 30 days, on how many days did you smoke				
	almost every day for two weeks or				cigarettes?		
	stopped doing some usual activitie		•		1. 0 days	1,140	80.9
	1. Yes	435	29.0		2. 1 or 2 days	64	4.8
	2. No	1,020	71.0	1	3. 3 too 5 days	34	2.5
	Missing	92			4. 6 to 9 days	27	1.8
07	-				5. 10 to 19 days	32	2.4
27.	During the past 12 months, did you	ever seriously co	onsider	1	6. 20 to 29 days	25	1.7
	attempting suicide?	000	40.0		7. All 30 days	79	5.9
	1. Yes	288	19.0		Missing	146	
	2. No	1,218	81.0	34. E	During the past 30 days, on the days y	ou smoked, ho	w manv
	Missing	41			cigarettes did you smoke per day?	, ou omonou, mo	
00	During the good 10 growths did		4 1		1. I did not smoke cigarettes past 30 days	s 1,137	80.5
20.	During the past 12 months, did you	make a plan abo	out now you		2. Less than 1 cigarette per day	62	4.8
	would attempt suicide?	050	16.5		3. 1 cigarette per day	49	3.4
	1. Yes	252	16.5 83.5		4. 2 to 5 cigarettes per day	91	6.7
	2. No	1,250 45	03.5		5. 6 to 10 cigarettes per day	29	2.1
	Missing	45			6. 11 to 20 cigarettes per day	24	1.7
29.	During the past 12 months, how m	nany times did yo	u actually		7 More than 20 cigarettes per day	11	0.7
	attempt suicide?				Missing	144	
	1. 0 times	1,189	89.2	ا م	•		
	2. 1 time	74	5.5		During the past 30 days, how did you	usually get youl	own
	3. 2 or 3 times	30	2.7		cigarettes?	4.400	00.0
	4. 4 or 5 times	17	1.3		I did not smoke cigarettes during	1,129	80.0
	5. 6 or more times	19	1.4	,	the past 30 days	70	E 1
	Missing	218		· '	2. I bought them in a store such as a convenience store, supermarket	70	5.1
30.	If you attempted suicide during the	past 12 months.	did any		discount store, or gas station		
	attempt result in an injury, poisonir			1 :	3. I bought them from a vending mach	nine 7	0.6
	treated by a doctor or nurse?	<b>5</b> ,			4. I gave someone else money to buy		4.8
	1. I did not attempt suicide during	1,187	90.1		them for me	00	1.0
	past 12 months	·			5. I borrowed (or bummed) them	52	3.7
	2. Yes	50	3.9		from someone else	<b>V</b> -	•
	3. No	79	6.1	(	6. A person 18 years old or older	33	2.7
	Missing	231		] '	gave them to me		,
24	•		huo neetta O	;	7. I took them from a store or	20	1.4
31.	Have you ever tried cigarette smok	-	•	,	family member	-•	
	1. Yes 2. No	727 682	52.1	8	8. I got them some other way	23	1.7
		002 138	47.9		Missing	147	
	Missing	130			•		

Question         #         %         Question         #           36. During the past 30 days, on how many days did you smoke cigarettes on school property?         41. During your life, on how many days have you had at least of drink of alcohol?           1. 0 days         1,405         95.4           2. 1 or 2 days         24         1.6           2. 1 or 2 days         222           3. 3 to 5 days         10         0.7           4. 6 to 9 days         10         0.8           5. 10 to 19 days         7         0.5           6. 20 to 29 days         4         0.2           7. All 30 days         10         0.7           Missing         77         0.5           42. How old were you when you had your first drink of alcohol or than a few sips?           1. Yes         176         12.6	32.7 16.7 15.0 10.7 7.9 8.9 8.1
cigarettes on school property?	32.7 16.7 15.0 10.7 7.9 8.9 8.1
1. 0 days       1,405       95.4         2. 1 or 2 days       24       1.6         3. 3 to 5 days       10       0.7         4. 6 to 9 days       10       0.8         5. 10 to 19 days       7       0.5         6. 20 to 29 days       4       0.2         7. All 30 days       10       0.7         Missing       77         37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?       42. How old were you when you had your first drink of alcohol of than a few sips?	16.7 15.0 10.7 7.9 8.9 8.1
2. 1 or 2 days       24       1.6       2. 1 or 2 days       222         3. 3 to 5 days       10       0.7       3. 3 to 9 days       222         4. 6 to 9 days       10       0.8       4. 10 to 19 days       148         5. 10 to 19 days       7       0.5       5. 20 to 39 days       121         6. 20 to 29 days       4       0.2       6. 40 to 99 days       124         7. All 30 days       10       0.7       7. 100 or more days       123         Missing       123         37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?       42. How old were you when you had your first drink of alcohol of than a few sips?	16.7 15.0 10.7 7.9 8.9 8.1
3. 3 to 5 days       10       0.7         4. 6 to 9 days       10       0.8         5. 10 to 19 days       7       0.5         6. 20 to 29 days       4       0.2         7. All 30 days       10       0.7         Missing       77         37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?       42. How old were you when you had your first drink of alcohol of than a few sips?	15.0 10.7 7.9 8.9 8.1
4. 6 to 9 days       10       0.8       4. 10 to 19 days       148         5. 10 to 19 days       7       0.5       5. 20 to 39 days       121         6. 20 to 29 days       4       0.2       6. 40 to 99 days       124         7. All 30 days       10       0.7       7. 100 or more days       123         Missing       123         37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?       42. How old were you when you had your first drink of alcohol of than a few sips?	10.7 7.9 8.9 8.1 other
5. 10 to 19 days 7 6. 20 to 29 days 7. All 30 days 10 0.7 Missing 7 7 7 8 7 8 9 9 9 121 9 124 7 100 or more days 123 123 123 124 7 100 or more days 123 123 124 125 126 127 128 129 129 129 120 120 120 121 121 121 122 123 123 124 124 125 126 127 128 129 129 129 129 120 120 120 120 120 120 120 120 120 120	7.9 8.9 8.1 other
6. 20 to 29 days 7. All 30 days 10 0.7 Missing 77 Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?  4 0.2 7. All 0 to 99 days 7. 100 or more days Missing 123 42. How old were you when you had your first drink of alcohol of than a few sips?	8.9 8.1 other
7. All 30 days 10 0.7 Missing 7. 100 or more days 123 Missing 123  37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?  42. How old were you when you had your first drink of alcohol of than a few sips?	8.1 other
Missing 77 Missing 123 37. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?  42. How old were you when you had your first drink of alcohol of than a few sips?	
cigarette every day for 30 days? than a few sips?	
1 Ves 176 12.6 1 Lhave never had a drink of alcohol 5/1	3E 0
1. 165 170 12.0   1. Thave flever flad a diffix of alcohol. 341	ან.ყ
2. No 1,239 87.4 other than a few sips	
Missing 132 2. 8 years old or younger 130	9.0
38. During the past 12 months, did you ever try to quit smoking  3. 9 or 10 years old  4. 11 or 13 years old  140	6.9
cigarettes?  4. 11 or 12 years old  140	9.7
1 Lidid not smoke during past 12 months 1 024 73 0 5. 13 or 14 years old 276	18.3
2 Ves 180 120 6. 15 or 16 years old 260	16.1
3 No. 187 14.1 7.17 years old or older 60	4.1
Missing 156 Missing 38	
39. During the past 30 days, on how many days did you use chewing	at
tobacco, snuff, or dip such as Redman, Levi Garrett, Beechnut,  Skeel, Skeel, Benditte, or Conselectors  1. 0 days  843	63.7
Skoal, Skoal Bandits, or Copenhagen?	16.2
1. 0 days 1,305 85.2 3.3 to 5 days 114	8.2
2. 1 or 2 days 46 3.2 4 6 to 9 days 83	6.1
3. 3 to 5 days 44 2.9 5 10 to 29 days 39	2.9
4. 6 to 9 days 21 1.5 6.20 to 29 days 17	1.3
5. 10 to 19 days 25 1.6 7 All 30 days 20	1.5
6. 20 to 29 days 12 0.7 Missing 217	
7. All 30 days 69 4.7	_
Missing 23 44. During the past 30 days, on how many days did you have 5	
40. During the past 30 days, on how many days did you smoke	
cigars cigarillos or little cigars?	77.1
1.0 days 1.280 82.0 Z.1 day	7.6
1. 0 days 1,200 02.9 3. 2 days 74 2.1 or 2 days 102 7.2 4.2 to 5 days 82	5.2
3. 3 to 5 days 53 3.8 5.6 to 9 days 82	5.9
4.6 to 9 days 32	2.1 1.2
5. 10 to 19 days 23 1.7 6. 10 to 19 days 17 7. 20 or more days 13	
6. 20 to 29 says 12 0.9 Missing 135	1.0
7. All 30 days 22 1.5	
Missing 26	



Question	#	%	Question	#	- %
45. During the past 30 days, what is	the largest number		49. During the past 30 days, how		
drinks you had in a row, that is wi	ithin a couple of hou	ırs?	1. 0 times	1,175	81.0
1. I did not drink alcohol during th	•	64.2	2. 1 or 2 times	91	6.3
30 days	·		3. 3 to 9 times	66	4.5
2. 1 or 2 drinks	155	11.6	4. 10 to 19 times	39	2.6
3. 3 drinks	62	4.4	5. 20 to 39 times	27	1.8
4. 4 drinks	48	3.5	6. 40 or more times	53	3.7
5. 5 drinks	58	4.1	Missing	96	0.7
6. 6 or 7 drinks	47	3.3	IVIIOSITIG	30	
7. 8 or 9 drinks	42	2.9	50. During your life, how many t	times have you used any	form of
8. 10 or more drinks	81	6.0	cocaine, including powder, o	crack, or freebase?	
	182	0.0	1. 0 times	1,373	91.9
Missing	102		2. 1 or 2 times	48	3.4
46. During the past 30 days, how did y	ou usually get the a	alcohol you	3. 3 to 9 times	25	1.9
drank?	, ,	•	4. 10 to 19 times	16	1.1
1. I did not drink alcohol during th	ne past 846	61.7	5. 20 to 39 times	13	0.9
30 days			6. 40 or more times	16	0.8
2. I bought it in a store such as a	liquor 32	2.1	Missing	59	0.0
store, convenience store, sup	•	2.1	IVIISSIIIg	55	
discount store, or gas station	imanct		51. During your life, how many t	times have you sniffed glu	ue, breathed
<del>_</del>	or club 17	1.6	the contents of aerosol spra	y cans, or inhaled any pa	ints or
3. I bought it at a restaurant, bar,			sprays to get high?		
4. I bought it at a public event suc	ch as a 14	0.9	1. O times	1,310	86.9
concert or sporting event	1 1 400	0.4	2. 1 or 2 times	80	5.4
5. I gave someone else money to	buy it 128	9.4	3. 3 to 9 times	48	3.5
for me			4, 10 to 19 times	27	1.8
<ol><li>Someone gave it to me</li></ol>	200	14.3	5. 20 to 39 times	12	0.9
<ol><li>I took it from a store or family r</li></ol>		3.2	6. 40 or more times	26	1.6
8. I got it some other way	95	6.9		44	1.0
Missing	172		Missing	44	
47. During your life, how many times	have you used mari	juana?	52. During your life, how many t	times have you used hero	in (also
1. 0 times	887	63.1	called smack, junk, or China	a White)?	
2. 1 or 2 times	117	8.0	1. 0 times	1,407	93.4
3. 3 to 9 times	114	3.9	2. 1 or 2 times	30	2.3
4. 10 to 39 times	54	3.9	3. 3 to 9 times	23	1.6
5. 20 to 39 times	53	3.8	4. 10 to 19 times	8	0.6
6. 40 to 99 times	56	3.6	5. 20 to 39 times	13	0.9
7. 100 or more times	137	9.4	6. 40 or more times	20	1.1
Missing	129	0.1	Missing	46 `	1.1
48. How old were you when you tried	I marijuana for the fi	rst time?	53. During your life, how many t	times have you used	
1. I have never tried marijuana	898	62.3	methamphetamines (also calcal		k. or ice)?
2. 8 years old or younger	35	2.6	1. 0 times	1,383	92.8
3. 9 or 10 years old	35	2.6	2. 1 or 2 times	31	2.3
4. 11 or 12 years old	60	4.6	3. 3 to 9 times	27	1.9
5. 13 or 14 years old	178	12.1	4. 10 to 19 times	18	1.0
6. 15 or 16 years old	200	12.5	5. 20 to 39 times	5	0.4
7. 17 years old or older	48	3.2	6. 40 or more times	24	1.6
Missing	93	0.2		59	1.0
Missing	33		Missing	อฮ	

## YOUTH RISK BEHAVIOR SURVEY

Δ.	vaction	<u> </u>			usation	#	0/-
Ϋ́	uestion	#	<u>%</u>		uestion	#	<u>%</u>
54.	During your life, how many till called MDMA)?	mes have you used ecsta	sy (also	60.	How old were you when you had sexual time?	intercourse	for the first
	1. 0 times	1,375	91.7		1. I have never had sexual intercourse	672	50.2
	2. 1 or 2 times	66	4.4		2. 11 years old or younger	50	4.4
	3. 3 to 9 times	22	1.7		3. 12 years old	44	3.9
	4. 10 to 19 times	11	0.7		4. 13 years old	95	7.7
	5. 20 to 39 times	7	0.5		5. 14 years old	127	9.7
	6. 40 or more times	18	0.9		6. 15 years old	152	10.7
	Missing	48			7. 16 years old	128	9.0
	· ·				8. 17 years or older	56	4.3
55	During your life, how many ti	mas hava vou takan staro	id nille or		Missing	223	
JJ.	shots without a doctor's pres		iu pilis oi	61.	During your life, with how may people ha	ave vou hac	d sexual
	1. O times	1,400	92.9	• • •	intercourse?	, , , , , , , , , , , , , , , , , , , ,	
	2. 1 or 2 times	33	2.7		I have never had sexual intercourse	666	50.5
	3. 3 to 9 times	26	1.8		2. 1 person	206	15.0
	4. 10 to 19 times	13	1.1		3. 2 people	105	8.2
	5. 20 to 39 times	7	0.4		4. 3 people	104	8.2
	6. 40 or more times	17	1.1		5. 4 people	70	5.5
	Missing	51	1.1		6. 5 people	42	3.5
	•				7. 6 or more people	115	9.2
56.	During your life, how many tir				Missing	239	0.2
	drug (such as OxyConten, Pe		Adderall,		· ·		
	Ritalin, or Xanax) without a d			62.	During the past 3 months, with how mar	ıy people di	d you have
	1. 0 times	1,165	78.5		sexual intercourse?		
	2. 1 or 2 times	112	7.2		1. I have never had sexual intercourse	673	50.4
	3. 3 to 9 times	78	5.6		2. I have had sexual intercourse, but	163	12.8
	4. 10 to 19 times	46	3.1		not during the past 3 months		
	5. 20 to 39 times	35	2.3		3. 1 person	356	26.5
	6. 40 or more	55	3.3		4. 2 people	64	5.1
	Missing	56			5. 3 people	27	1.9
					6. 4 people	17	1.4
57.	During your life, how many ti	mes have you used a nee	edle to		7. 5 people	4	0.4
	inject any illegal drug into yo	our body?			8. 6 or more people	17	1.5
	1. 0 times	1,420	95.8		Missing	226	
	2. 1 time	37	2.4	63	Did you drink alcohol or use drugs befor	e vou had s	sevual
	3. 2 or more times	30	1.8	00.	intercourse the last time?	c you nad o	Oxuai
	Missing	60			I have never had sexual intercourse	673	50.5
50	During the past 12 months, h	use anyone offered cold o	or aivon		2. Yes	122	9.7
50.	you an illegal drug on school		Ji given		3. No	523	39.8
	1. Yes	409	27.4		Missing	229	33.0
	2. No	1,064	72.6		•		
		74	12.0	64.	The last time you had sexual intercourse	e, did you o	r your partner
	Missing	74			use a condom?		
59.	Have you ever had sexual inte	ercourse?			1. I have never had sexual intercourse	669	50.7
	1. Yes	643	49.4		2. Yes	329	25.4
	2. No	670	50.6		3. No	310	24.0
	Missing	234			Missing	239	

103

1,321

2. No

Missing

91.0



	20	U /	INALIJAJ IN		QUCOLOTHAILC		
Q	uestion	#	<u>%</u>	Qι	iestion	#	%
65.	The last time you had sexual intercourse	, what c	ne method did	71.	During the past 7 days, how many times	did you d	rink 100% fruit
	you or your partner use to prevent pregn				juices such as orange juice, apple juice,	, or grape j	uice?
	1. I have never had sexual intercourse	667	50.6		1. I did not drink 100% fruit juice	425	28.1
	2. No method was used to prevent	125	9.7	I	during the past 7 days		
	pregnancy				2. 1 to 3 times during the past 7 days	550	36.9
	3. Birth control pills	117	8.6		3. 4 to 6 times during the past 7 days	223	15.2
	4. Condoms	236	18.6		4. 1 time per day	98	6.7
	5. An IUD (such as Mirena or ParaFard)	15	1.2		5. 2 times per day	79	5.0
	or implant (Implanon or Nexplanon)				6. 3 times per day	42	3.0
	6. A shot (such as Depo-Provera), patch	43	3.2		7. 4 or more times per day	68	5.2
	(such as Ortho Erva) or Birth Control				Missing	62	
	(such as NuvaRing)			72	During the past 7 days, how many times	a uov hib s	at fruit?
	7. Withdrawal or some other method	79	6.2	' -	1. I did not eat fruit during the past 7 day		15.4
	8. Not sure	21	2.0		2. 1 to 3 times during the past 7 days	589	39.7
	Missing	244			3. 4 to 6 times during the past 7 days	265	18.2
ee	How would you donor be your weight?				4. 1 time per day	149	9.8
00.	How would you describe your weight?	65	4.5		5. 2 times per day	130	8.3
	Very underweight     Slightly underweight	167	4.5 11.4		6. 3 times per day	57	3.7
	3. About the right weight	770	52.1		7. 4 or more times	70	4.8
	About the right weight     Slightly overweight	387	25.7		Missing	61	1.0
	5. Very overweight	95	6.3		<b>G</b>		
	Missing	63	0.5	73.	During the past 7 days, how many times		
	iviissiiig	00			1. I did not eat green salad during the	603	41.8
67.	Which of the following are you trying to	do abou	t your weight?		past 7 days		
	1. Lose weight	724	47.6		2. 1 to 3 times during the past 7 days	578	38.0
	2. Gain weight	262	19.7		3. 4 to 6 times during the past 7 days	156	10.2
	3. Stay the same weight	263	17.9		4. 1 time per day	89	6.3
	4. I am not trying to do anything	227	14.7		5. 2 times per day	30	2.0
	about my weight				6. 3 times per day	3	0.3
	Missing	71			7. 4 or more times per day	22	1.5
68	During the past 30 days, did you go with	out eatir	na for 24 hours or		Missing	66	
	more (also called fasting) to lose weight			74.	During the past 7 days, how many times	did you e	at potatoes?
	weight?		op gag		1. I did not eat potatoes during the	447	30.7
	1. Yes	238	16.7		past 7 days		
		1,217	83.3		2. 1 to 4 times during the past 7 days	716	46.9
	Missing	92			3. 4 to 6 times during the past 7 days	200	14.0
00	•				4. 1 time per day	55	3.6
69.	3 1				5. 2 times per day	21	1.5
	liquids without a doctor's advise to lose v	veight o	r to keep from		6. 3 times per day	14	1.0
	gaining weight?	445	40.0		7. 4 or more times per day	29	2.3
	1. Yes	145	10.3		Missing	65	
		1,308	89.7				
	Missing	94					
70.	During the past 30 days, did you vomit of weight or to keep from gaining weight?	take la	xatives to lose				
	1. Yes	123	9.0				
	0.11	120	0.0	1			



Qι	uestion	#	<u>%</u>	Que	estion	#	%
75	During the past 7 days, how many times	did you	oat carrote?		uring the past 7 days, on how man	v davs did vou e	
70.	1. I did not eat carrots during the	848	58.8		. 0 days	238	16.8
	past 7 days	040	30.0	1	. 1 day	113	7.8
	2. 1 to 3 times during the past 7 days	452	28.4	1	. 2 days	149	10.7
	3. 4 to 6 times during the past 7 days	84	5.7	1	. 3 days	142	10.0
	4. 1 time per day	53	3.8	1	. 4 days	113	7.7
	5. 2 times per day	20	1.5	1	. 5 days	131	8.6
	6. 3 times per day	14	0.9	1	. 6 days	81	5.1
		14	1.0		. 7 days	503	33.2
	7. 4 or more times per day Missing	62	1.0	ľ	Missing	77	33.2
76.	During the past 7 days, how many times	did you	eat other	80. C	uring the past 7 days, on how man	y days were you	ı physically
	vegetables?	•		active for a total of at least 60 minutes per day?			
	I did not eat other vegetables	322	23.0	1	. 0 days	300	19.9
	during the past 7 days			2	. 1 day	137	9.7
	2. 1 to 3 times during the past 7 days	559	37.3		. 2 days	148	10.0
	3. 4 to 6 times during the past 7 days	313	20.0	l	. 3 days	160	10.6
	4. 1 time per day	152	10.6	1	. 4 days	101	6.8
	5. 2 times per day	66	4.4	1	. 5 days	162	10.3
	6. 3 times per day	31	2.0	1	. 6 days	81	5.2
	7. 4 or more times per day	39	2.8	1	. 7 days	393	27.5
	Missing	65	2.0		Missing	65	
77	During the past 7 days, how many times	did you	drink a can	81. 0	n an average school day, how mar	ny hours do you	watch TV?
	bottle, or glass of soda or pop, such as	•			. I do not watch TV on an average	245	15.4
	I did not drink soda or pop during	309	20.0	'	school day	0	
	the past 7 days	505	20.0	) 2	Less than 1 hour per day	278	17.5
	2. 1 to 3 times during the past 7 days	451	30.1	1	. 1 hour per day	228	15.5
	3. 4 to 6 times during the past 7 days	282	18.6		. 2 hours per day	270	18.8
	4. 1 time per day	134	9.1		. 3 hours per day	207	14.9
	5. 2 times per day	120	8.5		. 4 hours per day	94	6.4
	6. 3 times per day	78	5.6		. 5 or more hours per day	146	11.5
	7. 4 or more times per day	113	8.1	'	Missing	79	11.5
	·	60	0.1		•		
	Missing	00		82. O	n an average school day, how man	y hours do you إ	olay video or
78.	During the past 7 days, how many glass	es of mi	lk did you drink?	с	omputer games or use a computer	for something th	nat is not
	1. I did not drink milk during the	387	27.4	s	chool work?		
	past 7 days			1	. I do not play video or computer	369	25.7
	2. 1 to 3 glasses during the past 7 days	414	27.1		games or use a computer for		
	3. 4 to 6 glasses during the past 7 days	211	13.9		something that is not school work		
	4. 1 glass per day	196	12.6	2	Less than 1 hour a day	301	20.2
	5. 2 glasses per day	140	9.1	3	. 1 hour per day	182	12.2
	6. 3 glasses per day	63	4.4		. 2 hours per day	189	12.6
	7. 4 or more glasses per day	77	5.5		. 3 hours per day	119	7.8
	Missing	68	0.0		. 4 hours per day	101	6.8
	5	30			. 5 or more h ours per day	199	14.6
				'	Missing	87	•
					J	-	



Qι	estion	#	<u>%</u>	Question	#	<u>%</u>	
83.	In an average week when you are in	school, on ho	w manv davs	88. During the past 30 days, on how m		talk on a cell	
	do you go to physical education (PE)		· , · · , ·	phone while driving a car or other			
	1. 0 days	963	64.4	I did not drive a car or other ve	hicle 354	24.4	
	2. 1 day	56	4.2	during the past 30 days			
	3. 2 days	41	3.0	2. 0 days	486	33.8	
	4. 3 days	55	3.9	3. 1 or 2 days	174	12.2	
	5. 4 days	23	1.6	3. 3 to 5 days	114	7.8	
	6. 5 days	325	23.0	4. 6 to 9 days	87	5.7	
	Missing	84		5. 10 to 19 days	83	5.5	
	•			6. 20 to 29 days	45	2.9	
84.	During the past 12 months, on how m	any sports te	ams did you	7. All 30 days	116	7.7	
	play?			Missing	88		
	1. 0 teams	689	47.1	90 During the past 12 months, how me	any timoa haa aan	acana atalan	
	2. 1 team	400	27.4	89. During the past 12 months, how ma			
	3. 2 teams	205	14.5	or deliberately damaged your prop	erty such as your	car, clothing,	
	4. 3 or more teams	155	11.0	or books on school property?	4 404	70.5	
	Missing	98		1. 0 times	1,121	76.5	
95	Have you ever been taught about AIDS or HIV infection in			2. 1 time	163	10.6	
00.	school?	O I I II V II II E	CHOITHI	3. 2 or 3 times	98	7.3	
	1. Yes	1,097	75.8	4. 4 or 5 times	32	2.3	
	2. No		75.0 17.0	5. 6 or 7 times	18	1.4	
		233		6. 8 or 9 times	3	0.2	
	3. Not sure	100	7.2	7. 10 or 11 times	2	0.1	
	Missing	117		8. 12 or more times	22	1.6	
86.	Has a doctor or nurse ever told you th	at vou have	asthma?	Missing	88		
	1. Yes	362	26.4	90 During the past 12 months, have v	ou ever been the	victim of	
	2. No	1,020	69.2		90. During the past 12 months, have you ever been the victim of teasing or name calling because someone thought you were		
	3. Not sure	63	4.4	gay, lesbian, or bisexual?	officoric triought y	ou word	
	Missing	102		1. Yes	222	15.9	
	· ·			2. No	1,198	84.1	
87.	When you rode an all-terrain vehicle (		he past 12	Missing	127	04.1	
	months, how often did you wear a hel	met?		Iviissiiig	121		
	1. I did not ride an ATV during the	570	38.3	91. Do you agree or disagree that hara	assment and bully	ing by other	
	12 months	370	30.0	students is a problem at your scho	ol?		
	Never wore a helmet	718	50.7	Strongly agree	383	27.3	
	3. Rarely wore a helmet	59	4.3	2. Agree	420	28.4	
	Sometimes worn a helmet	34	2.3	3. Not sure	349	24.3	
	5. Most of the time wore a helmet	32	2.3 2.1	4. Disagree	205	13.7	
		32 35	2.1	5. Strongly disagree	87	6.2	
	Always wore a helmet     Missing	99	2.3	Missing	103		
	Missing	99			• • •		



Question	#	<u>%</u>	Question	#	%
92. During the past 30 days, what type of a drink?	lcohol did you	usually	95. The first time you had sexual intercours younger or older that you was your par		ears
1. I did not drink alcohol during	827	61.1	1. I have never had sexual intercourse	692	48.9
the past 30 days	FG	4.4	2. 5 or more years younger	32	2.4
2. I do not have a usual type	56	4.4	3. 3 to 4 years younger	60	4.4
3. Beer	121 82	8.9	4. About the same age	445	31.1
4. Malt beverages, such as Smirnoff	-	6.2	5. 3 to 4 years older	100	7.4
Ice, Bacardi Silver, and Hard Lemor		4.0	6. 5 or more years older	41	2.8
5. Wine coolers, such as Bartles and	15	1.3	7. Not sure	35	3.0
James or Seagrams	40		Missing	142	
6. Wine	10	0.7	, and the second		
7. Liquor, such as vodka, rum, scotch,	219	15.9	96. Have you ever been tested for HIV, the		
bourbon, or other whiskey			1. Yes	252	17.5
8.Some other type	19	1.6	2. No	1,090	74.8
Missing	198		3. Not sure	110	7.7
93. During the past 30 days, what brand of	beer did you ι	ısually	Missing	95	
drink?			97. Have you ever been tested for a sexual	ly transmitted o	diagona?
<ol> <li>I did not drink beer during the past</li> </ol>	1,019	73.4	1. Yes	241	17.5
30 days			2. No		76.5
2. I do not have a usual brand	54	4.0		1,049	
3. Bud Light	162	11.8	3. Not sure	79	6.0
4. Budweiser	35	2.4	Missing	178	
5. Coors Light	29	2.1			
6. Miller Light	20	1.4	98 How often do you fee safe and secure a		40.0
7. Natural Light	10	0.8	1. Never	137	10.0
8. Some other brand	61	4.2	2. Rarely	104	8.5
Missing	157		3. Sometimes	175	13.3
94. During the past 30 days, where did you	usually drink	alcohol	Most of the time	501	35.3
1. I did not drink alcohol during the	831	61.3	5. Always	466	32.9
past 30 days	001	01.0	Missing	164	
2. At my home	147	10.9	99. Is there at least one teacher or other ac	dult in this scho	ol that you
3. At another person's home	285	20.8	can talk to if you have a problem?		
4. While riding in or diving a car or other		1.9	1. Yes	998	72.5
vehicle	J1	1.5	2. No	251	19.2
5 . At a restaurant, bar, or club	20	1.3	3. Not sure	117	8.4
6. At a public place such as a park,	23	1.6	Missing	181	
beach, or parking lot					
7. At a public event such as a concert or sporting event	17	1.4			
8. On school property	9	0.8			
Missing	193				
	. 30				



#### References

- 1. Centers for Disease Control and Prevention. Nonfatal sports- and recreation-related injuries treated in emergency departments United States, July 2000 July 2001. *Morbidity and Mortality Weekly Report* 2002; 51(33):736-740.
- National Highway Traffic Safety Administration. Traffic Safety Facts, 2008 Data: Bicyclists and Other Cyclists. Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration; 2009. Available at http://www-nrd.nhtsa.dot.gov/pubs/811156.pdf. Accessed May 18, 2012.
- 3. Centers for Disease Control and Prevention. Injury-control recommendations: bicycle helmets. *Morbidity and Mortality Weekly Report* 1995:44(RR-1):1-17.
- 4. Sosin DM, SacksJJ, Webb KW. Pediatric head injuries and deaths from bicycling in the United States. *Pediatrics* 1996;98:868-870.
- 5. Rivara FP. Traumatic deaths of children in the United States: currently available prevention strategies. *Pediatrics* 1985; 75:456-462.
- Web-based Injury Statistics Query and Reporting System (WISQARS) [database online]. Atlanta,
   GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention;
   2010. Accessed May 12, 2012.
- 7. National Highway Traffic Safety Administration. *Traffic Safety Facts*, 2006 Data: Occupant Protection. Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration; 2007 Available at: http://www-nrd.nhtsa.dot.gov/Pubs/810807.pdf . Accessed May 21, 2012.
- 8. National Highway Traffic Safety Administration. *Traffic Safety Facts, 2008 Data: Young Drivers*. Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration; 2009. Available at: http://www-nrd.nhtsa.dot.gov/pubs/811169.pdf. Accessed May 21, 2012.
- 9. Centers for Disease Control and Prevention. School-Associated Homicides-United States 1992-2006. *Morbidity and Mortality Weekly Report* 2008;57(02):33-36.
- 10. Sosin DM, Koepsell TD, Rivara FP, Mercy JA. Fighting as a marker for multiple problem behaviors in adolescents. *Journal of Adolescent Health* 1995;16:209-215.
- 11. Borowsky IW, Ireland M. Predictors of future fight-related injury among adolescents. *Pediatrics* 2004;113:530-536.
- 12. Pickett W, Craig W, Harel Y, et al. Cross-national study of fighting and weapon carrying as determinants of adolescent injury. *Pediatrics* 2005;116:855-863.
- 13. Roberts TA, Klein J, Fisher S. Longitudinal effect of intimate partner abuse and high-risk behavior among adolescents. Archives of Pediatrics & Adolescent Medicine 2003; 157: 875-881.
- 14. Ackard DM, Neumark-Sztainer D. Date violence and date rape among adolescents: associations with disordered eating behaviors and psychological health. *Child Abuse & Neglect* 2002;26:455-473.
- 15. Howard DE, Wang MQ. Psychosocial correlates of U.S. Adolescents who report a history of forced sexual intercourse. *Journal of Adolescent Health* 2005;36:372-379.

- 16. U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services; Centers for Disease Control and Prevention; National Center for Chronic Disease Prevention and Health Promotion; Office on Smoking and Health, 2004.
- 17. Centers for Disease Control and Prevention. Annual smoking-attributable mortality, years of potential life lost, and productivity losses United States, 2000-2004. *Morbidity and Mortality Weekly Report* 2008;57 (45):1226-1228.
- 18. Everett SA, Malarcher AM, Sharp DJ, Husten CG, Giovino GA. Relationship between cigarette, smokeless tobacco, and cigar use, and other health risk behaviors among U.S. high school students. *Journal of School Health* 2000;70:234-240.
- Substance Abuse and Mental Health Services Administration. Results from the 2008 National Survey on Drug Use and Health: National Findings. Rockville, MD: Substance Abuse and Mental Health Services Administration, Office of Applied Studies; 2009, NSDUH Series H-36, DHHS Publication No. SMA 09-4434. Rockville, MD 2005.
- 20. U.S. Department of Health and Human Services. Preventing Tobacco Use Among Young People: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 1994.
- 21. Highway Data Loss Institute. *Fatality Facts 2010: Teenagers*. Insurance Institute for Highway Safety; 2012. Available at http://www.iihs.org/research/fatality.aspx?topicName=Teenagers. Accessed May 24, 2012.
- 22. Hahn EJ, Rayens MK, Chaloupka FJ, Okoli CTC, Yang J. Projected smoking-related deaths among U.S. youth: A 2000 update. *ImpacTeen. Research Paper Series* 2002;22.
- 23. National Cancer Institute. *Smokeless Tobacco or Health: An International Perspective*, Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute; 1992. Available from: http://cancercontrol.cancer.gov/monographs/2/index.html. Accessed: May 24, 2010.
- 24. Henley SJ, Thun MJ, Connell C, Calle EE. Two large prospective studies of mortality among men who use snuff or chewing tobacco (United States). Cancer Causes and Control 2005;16:347-358.
- 25. Johnson GK, Slach NA. Impact of tobacco Use on Periodontal Status. *Journal of Dental Education* 2001:65:313-321.
- 26. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance United States, 2011. *MMWR* Surveillance Summary 2012;61(No. SS-4):1-162.
- 27. World Health Organization. Smokeless Tobacco and Some Tobacco-Specific N-Nitrosamines. Lyon, France: World Health Organization; 2007. International Agency for Research on Cancer Monographs on the Evaluation of Carcinogenic Risks to Humans Vol. 89.



- 28. Department of Justice. Crime in the United States, 2010. *Uniform Crime Report* Federal Bureau of Investigation Web site. Available at http://www.fbi.gov/about-us/cjis/ucr/crime-in-the-u.s/2010/crime-inthe-u.s.-2010/index-page. Accessed May 22, 2012.
- 29. Dunn MS, Bartee RT, Perko MA. Sefl-reported alcohol use and sexual behaviors of adolescents. *Psychological Reports* 2003;92:339-348.
- 30. Van der Wal MF, de Wit CA, Hirasing RA. Psychosocial health among young victims and offenders of direct and indirect bullying. *Pediatrics* 2003;111(6):1312-1317.
- 31. Klepp KI, Schmid LA, Murray DM. Effects of the increased minimum drinking age law on drinking and driving behavior among adolescents. *Addictive Research* 1996;4:237-244.
- 32. Substance Abuse and Mental Health Services Administration. *Results from the 2010 National Survey on Drug Use and Health: National Findings*. Rockville, MD: Office of Applied Studies.; 2011. NSDUH Series H-41, DHHS Publication No. SMA 11-4658). Accessed June 1, 2012.
- 33. Substance Abuse and Mental Health Services Administration. Youth violence and illicit drug use. *The NSDUH Report* 2006;5:1-3. Available at:. http://oas.samhsa.gov/2k6/youthViolence/youthViolence.cfm. Accessed June 1, 2012.
- 34. Substance Abuse and Mental Health Services Administration. Marijuana use and delinquent behaviors among youths. *The NSDUH Report* January 9, 2004. Available at:: http://oas.samhsa.gov/2k4/MJdelinquency/MJdelinquency.cfm. Accessed June 1, 2012.
- 35. Substance Abuse and Mental Health Services Administration. Inhalant use and delinquent behaviors among young adolescents. *The NSDUH Report* March 17, 2005. Available at:. http://oas.samhsa.gov/2k5/inhale/inhale.cfm. Accessed June 1, 2012.
- 36. Substance Abuse and Mental Health Services Administration. Nonmedical stimulant use, other drug use, delinquent behaviors, and depression among adolescents. The NSDUH Report February 28, 2008. Available at http://oas.samhsa.gov/2k8/stimulants/depression.cfm. Accessed June 1, 2012.
- 37. Kessel Schneider S, O'Donnell L, Stueve A, Coulter RWS. Cyberbullying, school bullying, and psychological distress: a regional census of high school students. *American Journal of Public Health* 2012;102:171-177.
- 38. Santelli JS, Brener ND, Lowry R, et al. Multiple sexual partners among U.S. adolescents and young adults. *Family Planning Perspectives* 1998;30:271-5.
- 39. Manlove J, Terry E, Gitelson L. Papillo AR, Russell S. Explaining demographic trends in teenage fertility, 1980-1995. *Family Planning Perspectives* 2000;32(4):166-175.
- 40. Thornberry TP, Smith CA, Howard GJ. Risk factors for teenage fatherhood. *Journal of Marriage & the Family* 1997;59:505-522.
- 41. Rigby K. Consequences of bullying in school. *The Canadian Journal of Psychiatry* 2003;48(9):583-590.

- 42. CDC. Sexually Transmitted Disease Surveillance, 2010. Atlanta, GA: U.S. Department of Health and Human Services; 2009. Available at: http://www.cdc.gov/std/stats08/default.htm. Accessed May 18, 2012.
- 43. Glew GM, Fan MY, Katon W, Rivara FR, Kernic MA. Bullying, psychosocial adjustment, and academic performance in elementary school. *Archives of Pediatrics & Adolescent Medicine* 2005;159:1026-1031.
- 44. Key T, Schatzkin A, Willet WC, Allen NE, Spencer EA, Travis RC. Diet, nutrition, and the prevention of cancer. *Public Health Nutrition* 2004;7(1A):187-200.
- 45. Kushi LH, Byers T, Doyle C, Bandera EV, McCullogh M, McTiernan A, Gansler T, Andrews KS, Thun MJ; American Cancer Society 2006 Nutrition and Physical Activity Guidelines Advisory Committee. American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention; reducing the risk of cancer with healthy food choices and physical activity. CS: A Cancer Journal for Clinicians 2006; 56:254-281.
- 46. Vainio H, Weiderpass E. Fruit and vegetables in cancer prevention. *Nutrition and Cancer*. 2006;54(1):111-42.
- 47. Bazzano LA, He J, Ogden LG, Loria CM, Vupputuri S, Myers L, Whelton PK. Fruit and vegetable intake and risk of cardiovascular disease in US adults: the first National Health and Nutrition Examination Survey Epidemiological Follow-up Study. *American Journal of Clinical Nutrition* 2002;76(1):93-99.
- 48. He FJ, Nowson CA, MacGregor GA. Fruit and vegetable consumption and stroke: meta-analysis of cohort studies. *Lancet* 2006;367(9507):320-326.
- 49. Nielsen SJ, Popkin BS. Changes in beverage intake between 1977 and 2001. *American Journal of Preventive Medicine* 2004;27(3):205-210.
- 50. Physical Activity Guidelines Advisory Committee. Physical Activity Guidelines Advisory Committee Report, 2008. Washington, DC: U.S. Department of Health and Human Services; 2008.
- 51. Manning WD, Longmore MA, Giordano PC. The relationship context of contraceptive use at first intercourse. *amily Planning Perspectives* 2000;32(3):104–110.
- 52. McKenzie TL, Li DL, Derby CA, Webber LS, Luepker RV, Cribb P. Maintenance of effects of the CATCH Physical Education Program: Results from the CATCH-ON Study. *Health Education & Behavior* 2003;30:447-462.
- 53. Trudeau F, Shephard RJ. Contribution of school programmes to physical activity levels and attitudes in children and adults. Sports Medicine 2005; 35(2):89-105.
- 54. McKenzie TL, Sallis JF, Prochaska JJ, Conway TL, Marshall SJ, Rosengard P. Evaluation of a two-year middle-school physical education intervention: M-SPAN. *Medicine & Science in Sports & Exercise* 2004;36:1382-1388.
- Pate R, Ward DS, Saunders RP, Felton G, Dishman RK, Dowda M. Promotion of physical activity among high school girls: a randomized controlled trial. American Journal of Public Health 2005;95:1582-87.



- 56. Gordon-Larson P, Adair LS, Popkin BM. Ethinic differences in physical activity and inactivity patterns and overweight status. *Obesity Research* 2002;10(3):141-149.
- 57. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance United States, 2011. *MMWR* Surveillance Summary 2012;61(No. SS-4):1-162.
- Fulton JE, Wang X, Yore MM, Carlson SA, Galuska DA, Caspersen CJ. Television viewing, computer usage, and BMI among U.S. children and adolescents. Journal of Physical Activity and Health 2009;6(Suppl 1): S28-S35.
- 59. Kaur H, Choi WS, Mayo MS, Harris KJ. Duration of television watching is associated with increased body mass index. *Journal of Pediatrics* 2003;143(4):506-511.
- 60. Freedman DS, Khan, LK. Serdula MK, Dietz WH, Srinivasan SR, Berenson GS. The relation of childhood BMI to adult adiposity: The Bogalusa Heart Study. Pediatrics 2005;115(1):22-27.
- 61. Guo SS, Wu W, Cameron W, Roche AF. Predicting overweight and obesity in adulthood from body mass index values in childhood and adolescence. American Journal of Clinical Nutrition 2002;76:653-658.
- 62. Akinbami, Lara. Asthma prevalence, health care use, and morality, 2003-2005. Hyattsville, MD: US Department of Health and Human Services, CDC, National Center for Health Statistics; 2007. Available at: http://www.cdc.gov/nchs/products/pubs/pubd/hestats/ashtma03-05/asthma03-05.htm. Accessed May 5, 2008.
- 63. Johnson P, Boles SM, Vaughn R, Herbert D. The co-occurrence of smoking and binge drinking in adolescence. *Addictive Behaviors* 2000;25:779-783.
- Dishman RK, Motl RW, Saunders R, et al. Enjoyment mediates effects of a school-based physical-activity intervention. *Medicine & Science in Sports & Exercise* 2005;37(3):478-487.
- Weinstock H, Berman S, Cates W. Sexually transmitted disease among American youth: Incidence and prevalence estimates, 2000. Perspectives on Sexual and Reproductive Health 2004;361(1):6-10.
- 66. Kiriakidis SP, Kavoura A. Cyberbullying. A review of the literature on harassment through the internet and other electronic means. *Family & Community Health* 2010;33(2):82-93.
- 67. Lowry, R, Wechsler H, Galuska D, Fulton J, Kann L. Television viewing and it's associations with overweight, sedentary lifestyles, and insufficient consumption of fruits and vegetables among US high school students: differences by race, ethnicity, and gender. Journal of School Health 2002; 72(10):413-421.
- 68. Utter J, Neumark-Sztainer D, Jeffery R, Story M. Couch potatoes or french fries:are sedentary behaviors associated with body mass index, physical activity, and dietary behaviors among adolescents? *Journal of the American Dietetic Association* 2003;103 (20):1298-1305.
- 69. Patchin JW, Hinduja S. Cyberbullying and self-esteem. *Journal of School Health* 2010;80:614-621.
- 70. National Highway Traffic Safety Administration. Traffic Safety Facts, 2010 Data: Alcohol-Impaired Driving. Washington, DC: U.S. Department of Transportation, National Highway Traffic Safety Administration; 2012. Available at http://www-nrd.nhtsa.dot.gov/Pubs/811606.PDF. Accessed June 1, 2012.

- 71. Substance Abuse and Mental Health Services Administration. Substance use and the risk of suicide among youths. The NHSDA Report July 12, 2002. Available at http://oas.samhsa.gov/2k2/suicide/suicide.cfm. Accessed May 19, 2012.
- 72. Juvonen J, Gross EF. Extending the school grounds? Bullying experiences in cyberspace. *Journal of School Health* 2008;78:496 505.
- 73. Martinez G, Copen CE, Abma JC. Teenagers in the United States: Sexual activity, contraceptive use, and childbearing, 2006–2010 National Survey of Family Growth. National Center for Health Statistics. *Vital Health Stat* 2011; 23(31). Available at <a href="http://www.cdc.gov/nchs/data/series/sr\_23/sr23\_031.pdf">http://www.cdc.gov/nchs/data/series/sr\_23/sr23\_031.pdf</a> Accessed May 8, 2012.
- 74. Centers for Disease Control and Prevention. Diagnoses of HIV infection and AIDS among adolescents and young adults in the United States and 5 U.S. dependent areas, 2006–2009. *HIV Surveillance Supplemental Report* 2012;17(No. 2). Available at http://www.cdc.gov/hiv/surveillance/resources/reports/2009supp\_vol17no2/index.htm. Accessed May 8, 2012.
- 75. Ogden CL, Carroll MD, Curtin LR, Lamb MM, Flegal KM. Prevalence of high body mass index in US children and adolescents, 2007-2008. JAMA 2010;303(3):242.
- 76. Daniels SR, Arnett DK, Eckel RH, et. al. Overweight in children and adolescents: Pathophysiology, consequences, prevention, and treatment. Circulation 2005;111:1999-2012.
- 77. Reedy J, Krebs-Smith SM. Dietary sources of energy, solid fats, and added sugars among children and adolescents in the United States. *Journal of the American Dietetic Association* 2010;110:1477–84.
- 78. National Center for Environmental Health. 2007 Lifetime and Current Asthma Population Estimates and Prevalence Tables. National Health Interview Survey Data Web site. Available at <a href="http://www.cdc.gov/asthma/nhis/07/data.htm">http://www.cdc.gov/asthma/nhis/07/data.htm</a>. Accessed May 17, 2010.
- 79. Gordon-Larsen P, McMurray RG, Popkin BM. Determinants of adolescent physical activity and inactivity patterns. Pediatrics 2000;105:83-91. Epub June 1, 2000. Available at http://pediatrics.aappublications.org/content/105/6/e83.abstract. Accessed June 2, 2012

This publication was supported by a grant from the Centers for Disease Control and Prevention (CDC), Cooperative Agreement No. 5U87PS004160-02. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.



Arkansas Department of Education Arkansas Department of Health School Health Services



http://www.arkansased.gov/divisions/learningservices/school-health-services/youth-risk-behaviorsurvey-yrbs